• Our "How-To" Page •

STORAGE OF RAW NUTS

Pack all nuts in clean, dry containers with tight lids to protect them from insects and odors. Suitable packages are **(A)** glass jars with tight lids; **(B)** plastic cartons with tight lids; **(C)** poly bags tightly closed with twistem or "zipper" closures.

The secret of storing both in-shell nuts and nut meats is to KEEP THEM COOL. They must be refrigerated promptly. The lower the temperature, the longer nuts keep. In the home refrigerator, nuts store satisfactorily for up to 9 months; in the freezer at zero, they remain in good condition for two years.

Unshelled nuts may be held twice as long, under the same conditions, as shelled halves. Pieces may be held for about one-half as long as halves.

Experiments show that there is a slight loss in quality of nuts stored in the refrigerator but in the freezer there is no loss in quality. Low in moisture (only 4%), nuts may be frozen again and again without adverse affect on their taste or texture.

USING NUTS

Never chop or grind nuts until you are ready to use them. In delicate cake batter use finely chopped nuts coated with flour so they will distribute evenly, not sink to the bottom. Small pieces provide texture contrast in candies, cookies, quick breads. Nut halves and large pieces are attractive garnishes, provide crunch in tender mixtures such as fruit, macaroni and seafood salads, casseroles. Slices and slivers add eye-appeal to soups, sauces and vegetables and main dishes.

TOASTING NUTS FOR COOKING

FOR COOKING: When your recipe calls for toasted nuts — and you have Sunnyland raw nuts rather than toasted — here's what you do:

- **Skillet Method:** In a small skillet over low heat, brown nuts in a little butter, margarine, or salad oil, stirring constantly. Drain on paper towels.
- **Oven Method:** Preheat oven to 350°. On cookie sheet, spread whole, sliced, slivered, or chopped nuts in a single layer; bake 5 to 20 minutes (depending on size of pieces), stirring occasionally, until just lightly browned (nuts will brown a little more after being removed from oven). Spread out on brown paper or paper towels to cool.
- **Microwave Method:** Place 1 cup nuts on paper plate. Cook in microwave oven on full power for 1 1/2 minutes or until hot.

TOASTING NUTS FOR SERVING

FOR SERVING: Place nuts in shallow pan in 200° oven. When the nuts are warm, add melted butter (2 Tbsp. for 8 oz. of nuts, 4 Tbsp. for 16 oz.). Stir to coat nuts and salt to taste while stirring. Toast in oven for at least 4 hours.

STORAGE OF TOASTED NUTS

Toasted nuts keep well in the freezer, too. Let nuts warm to room temperature before opening the storage container. When exposed to air, toasted nuts may absorb moisture and taste stale. If this happens, freshen them in a 150° oven for 15 to 20 minutes. Cool before serving.

HOW TO STEW SUNNYLAND DRIED FRUITS

Cover fruit with water; boil in tightly covered saucepan until tender. Add sugar or honey (if desired) during the last 5 min. of cooking. If sugar is added earlier, your fruit may toughen.

DRIED FRUIT	AMOUNT OF SUGAR OR HONEY FOR EACH CUP FRUIT	APPROXIMATE COOKING TIME
Apricots	1/4 cup	15 min.
Figs	Usually not necessary	35 min.
Peaches	1/4 cup	25 min.
Pears	1/4 cup	25 min.
Prunes	2 Tbsp.	20 min.
Compote	1/4 cup	25 min.

To Vary: Before cooking, add grated lemon or orange rind, clove, cinnamon stick, a few Sunnyland Raisins, or lemon or orange slices.

Storage of Dried Fruits: Store in the refrigerator, tightly sealed to prevent the fruit from drying out.

All Sunnyland Nuts and Fruits are fully described in our full color catalog.

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Sunnyland Nuts and Fruits. . . and Lots, Lots More!

VOLUME XII

Nuts and fruits are among Mother Nature's finest foods. They are rich in vitamins and minerals. Nuts furnish excellent protein. Dried fruits furnish high quality carbohydrates and dietary fiber.

The ways to enjoy nuts are endless! Crack'em and eat'em as is; toast and salt them. Use them in hundreds of recipes - for appetizers and canapes; in soups; in fish and poultry dishes; in vegetables; in breads; and of course, in desserts.

Dried fruits make healthful snacks for children and adults. You can create new treats of all sorts. Use them for salads; for desserts; for breakfast.

It's easy to keep a variety of nuts and fruits on hand to enjoy whenever you want. Nuts store perfectly in the freezer. Take out what you need, then re-freeze the remainder time after time. Dried fruits keep well in the refrigerator. You'll find complete storage instructions on the back cover.

This little book gives lots of information to help you enjoy your Sunnyland selections even more. There is a bit of history and other facts — some useful, some just interesting — about each nut and fruit; plus a collection of favorite recipes for everything from appetizers to desserts.

• INDEX •

History — Trivia — Recipes

	Page		Page		Page
Almonds	6, 7	Macadamias	17	Cakes	29
Apricots	10	Peanuts	8, 9	Candies	31
Black Walnuts	11	Pecans	1, 2, 3	Cookies	30
Brazils	12	Pistachios	18	Desserts	27
Cashews	13	Prunes	19	Main Dishes	23
Dates	14	Raisins	20	Pies	28
English Walnuts	4, 5	Wild Rice	21	Salads	25
Figs	15	• • • • •		Vegetables and...	24
Hazelnuts	16	Appetizers	22	"How To" Page	32
		Breads	26		

THE STORY OF THE PECAN

The golden-kerneled pecan, like turkey and corn pudding, is a native American contribution to the world's fine foods.

Records of DeSoto and de Oviedo reveal that Indians had been enjoying the tasty nuts of the "pacan" tree long before Europeans arrived on these shores.

These stately native trees, a member of the hickory family, grow wild from Illinois to the Gulf. The largest forests are found along the river banks of the lower Mississippi Valley. The nuts from these trees, called "seedlings", are very tasty, but are usually quite small and have a hard shell. It is difficult to get the kernels out whole without commercial machinery. Once shelled, seedlings find a ready market in the candy, bakery, and ice cream trades.

"Cultivated" or "improved" varieties are pecans which were selected from seedling trees whose nuts displayed some superior characteristic: thinner shell; larger size; better flavor; brighter color; or higher kernel content. These improved varieties do not grow wild, but are planted in orchards and are carefully cultivated. Producing quality pecans today requires a large investment in land and machinery.

Georgia produces far more improved pecans than any other state. Our home county, Dougherty, has more pecan trees than any other in the U.S. — over 250,000. About 18,000 of these trees make up the Willson orchards.

Harvesting, once a matter of picking up the fallen nuts by hand, is now highly mechanized. The tree is shaken, dislodging the nuts, which fall to the ground. They are then picked up by

— THE PECAN STORY —

Continued from page one

a harvester and recleaned to remove leaves and sticks.

We then size the pecans, using only the finest to go into our in-shell packs and to the shelling plant for our mail order halves.

Pecan shelling plants, like ours at Sunnyland Farms, consist of machines to crack the shells, followed by a series of separators which utilize air, water, vibrators, and electronic sorters to separate kernels from shells, and to sort the meats by sizes and grades.

The final step is inspection by the human eye, which is still essential to delivering to you the uniformly high quality product you expect from Sunnyland Farms.

HOW PECAN SIZES ARE DETERMINED

Size classifications of Pecan Halves are determined by the U.S. Dept of Agriculture. They are based on the number of halves it takes to make a pound.

Mammoth . . under 250 halves per pound
Jr. Mammoth . . 251-300 halves per pound
Jumbo (Junior) . 301-350 halves per pound
Extra Large . . . 351-450 halves per pound
Large . . . . . 451-550 halves per pound
Medium . . . . . 551-650 halves per pound
Topper . . . . . 651-800 halves per pound

Two pecan varieties may both grade "Mammoth" and yet look like different sizes because of differences in length, thickness or density of the nut. At Sunnyland we use only Mammoth in our boxes of Mammoth Halves — smaller sizes in our boxes of Junior Halves.

In-shell pecans are graded according to diameter. We use those which the USDA designates as "extra-large". For Desirables and other "round" types, these are pecans which will not pass through a 15/16 inch screen opening. For Schleys and other "long" types, extra-large pecans are ones which will not pass through a 13/16 inch screen. In both cases, the count per pound is about 50-60 nuts.

INTERESTING FACTS ABOUT PECANS

- The oil in pecans is about 90% unsaturated fat. Most of the fat in pecans is mono-unsaturated — that which is associated with "good" cholesterol.
- George Washington was very fond of pecans, carrying them in his pockets all through the Revolutionary War. The museum at Mount Vernon has a photo taken in 1859 which shows two pecan trees. They're still there and still bearing nuts!
- A 5-pound package of unshelled pecans may contain more than three pounds or less than two pounds of nut meats, depending on variety and quality. Good grade unshelled pecans average about 50% meats. Schleys and a few other premium grades surpass 60%.
- One cup of pecans equals about 3-1/2 oz.; one pound of pecan pieces equals about 4 1/2 cups.
- Pecans are a rich source of Vitamin B-6. Most foods containing B-6 (soybeans, wheat, etc.) are cooked before being eaten. Cooking destroys B-6. Pecans are delicious raw.

Recipes using Sunnyland Pecans

HOLIDAY RELISH

A fine accompaniment for turkey and chicken

1 lb. raw cranberries, ground
2 apples, chopped
1 (8 oz.) can crushed pineapple
1 cup Sunnyland Small Pecan Pieces
Juice of 2 oranges
2 3/4 cups sugar

Combine all ingredients and refrigerate. Serves 6 - 8.

MUSHROOM-PECAN RICE

1 cup uncooked rice
1/2 tsp. nutmeg
1 (10 3/4 oz.) can cream of mushroom soup
1 (4 oz.) can mushroom stems and pieces
1/2 cup Sunnyland Small Pecan Pieces, divided
1/2 cup butter, melted

Cook rice, rinse and season with nutmeg. Mix well with soup, mushrooms and 1/4 cup pecan pieces. Spoon into a well-greased casserole. Stir remaining pecan pieces into melted butter. Sprinkle on top. Bake for 20 minutes at 350°. Serves 6 - 8.

STRAWBERRY-CHEESE RING

1 lb. sharp Cheddar cheese, grated
1 cup Sunnyland Small Pecan Pieces
1 cup mayonnaise
1 small onion, grated
1/4 tsp. black pepper
1/4 tsp. garlic salt
Strawberry preserves

Mix all ingredients except preserves; spoon into small ring mold. Place in refrigerator until chilled; unmold onto serving platter. Fill center of mold with strawberry preserves. Serve with party crackers.

CHICKEN-PECAN QUICHE

1 cup finely chopped cooked chicken
1 cup shredded Swiss cheese
1/4 cup chopped onion 1 Tbsp. flour
1/2 cup Sunnyland Small Pecan Pieces, divided
1 baked 9" pie shell
2 eggs, beaten 1 cup milk
1/2 tsp. brown mustard (hot)

Mix chicken, cheese, onion, flour and 1/4 cup pecans. Spoon into cooled crust. Mix eggs, milk and mustard; pour over chicken mixture. Top with remaining 1/4 cup pecans. Bake at 325° for 50 minutes. Serves 6.

HOLIDAY HAM

Crunchy pecans and a slight flavor of mustard

7 lb. boned ham
1/2 cup honey
2 Tbsp. frozen orange juice concentrate, thawed

Fill ham cavity with stuffing (see below). Place ham in roasting pan; bake at 325° for 1 1/4 hours. Mix honey and orange juice; pour over ham. Continue baking, basting once, for 30 minutes more. Remove from oven; cool 30 min. before slicing.

Stuffing

1 cup chopped onion
1/4 cup butter or margarine
2 cups cornbread stuffing mix
1/2 cup chopped fresh parsley
1 1/2 cups Sunnyland Small Pecan Pieces
2 Tbsp. prepared mustard
1 egg, beaten

Saute onion in butter or margarine. Add stuffing mix, parsley, pecans, mustard, egg. Mix well.

SQUASH CASSEROLE

8 medium squash sliced, cooked, drained
1/2 cup chopped onion
1/2 cup chopped green pepper
1/2 stick margarine 1/2 cup mayonnaise
1/2 cup Sunnyland Small Pecan Pieces
1/2 cup cracker crumbs
1 egg, slightly beaten 1 tsp. salt
1 tsp. sugar 1/2 cup pimento
1/2 cup grated Cheddar cheese for topping

Spoon cooked squash into a greased 1 1/2 quart casserole. Saute onions and green pepper in margarine. Stir into squash. Combine in a separate bowl all other ingredients except cheese. Mix well. Pour over the squash mixture; stir until well mixed. Top with grated cheese. Bake in 350° oven 30 minutes. Serves 6.

NUTTY PEACH CRISP

2 (16 oz.) cans sliced peaches with syrup
1 box butter cake mix
1/2 cup butter, melted
1 cup flaked coconut
1 cup Sunnyland Small Pecan Pieces

Pour peaches and syrup into 13" × 9" × 2" ungreased pan. Mix rest of ingredients together. Sprinkle over peaches. Bake at 325° for 45 minutes. Delicious hot or cold. Serves 6 - 8.

FESTIVE CARROT PUDDING

Delicious with pork or chicken and baked apples

1 tsp. salt 1/2 cup sugar
2 heaping Tbsp. flour
1 tsp. baking powder
1/4 tsp. cinnamon
1 cup milk (room temperature)
3 eggs, well beaten
1/4 cup melted butter or margarine
2 cups cooked mashed carrots
1/2 cup Sunnyland Small Pecan Pieces

Sift together first five ingredients; set aside. Stir milk and eggs together; add melted butter; combine with carrots; stir in dry ingredients and pecans. Mix well. Pour into a greased casserole. Bake at 350° for 1 hour. If not browned on top, place under broiler 1 to 2 minutes. Serves 6.

BAKED ORANGE CUPS

Serve with your game supper

6 oranges
6 medium apples, peeled and chopped
1 (8 oz.) can crushed pineapple
1 cup sugar
1/4 cup butter
1 tsp. vanilla extract
1/2 cup Sunnyland Small Pecan Pieces
1 Tbsp. butter, melted

Cut oranges in half; scoop out pulp; save the shells. Cook pulp with apples, pineapple, sugar and butter until thick and tender (approx. 30 min.). Stir in vanilla; put in orange cups. Mix pecans with melted butter; sprinkle on top of cups. Cover the bottom of a shallow pan with water. Place orange cups in the pan. Bake at 325° for 30 minutes. Serves 12.

PUMPKIN-PECAN PIE

4 eggs, lightly beaten 1 cup sugar
1/2 cup dark corn syrup
1 tsp. vanilla
1/2 tsp. cinnamon 1/4 tsp. salt
2 cups mashed cooked pumpkin
1 unbaked 9" pie shell
1 cup Sunnyland Small Pecan Pieces

Stir eggs into sugar. Do not beat. Stir in corn syrup, vanilla. Set aside.Mix cinnamon and salt; combine with mashed pumpkin. Mix together pumpkin and egg mixtures. Pour into pie shell. Top with pecans. Bake at 350° for 40 minutes, or until set. Serves 6 - 8.

THE ENGLISH WALNUT STORY

English walnuts have been cultivated by man since the most ancient of times. They originally came from the southwest Asian lands of the Persian Empire. From there they were carried west into Greece, Italy and France. These countries today have substanstial commercial production of walnuts.

Walnuts were one of the favorite delicacies of the Romans. Remains of husked well-preserved unbroken walnuts have been found in the ruins of Pompeii and Herculaneum, cities buried in lava when Italy's Mt. Vesuvius erupted in A.D. 79.

Walnuts travelled east into India and China. Native Persian walnuts are found today throughout the low Himalaya mountains in India. Production of walnuts is a significant crop in the Peoples' Republic of China.

English Walnuts did not reach England until the 1600's. The English began trading in walnuts from the Mediterranean region. Englishmen fell in love with the nuts. Soon a thriving trade existed. The nut became known to Europeans (and Americans) as "English" Walnuts rather than their more widespread name, "Persian" Walnuts.

Efforts to grow walnuts in England, however, didn't pan out. Walnuts, like pecans, are a long-season crop. Most years, late spring freezes kill the buds before they can mature into nuts. Today, the British countryside is well forested in places with walnut trees which make lovely shade trees and beautiful furniture lumber but few nuts. Most of the walnuts themselves, so essential for a British yule feast, come from southern Europe.

One favorite British snack is pickled green Walnuts, a delicacy which hasn't found much favor on this side of the Atlantic.

More than one-fourth of world production comes from California. Turkey, China, Italy and France are other major producing countries. Most years about half of California's crop is exported — mainly to Europe.

Walnuts, unlike pecans, do not easily shell out complete halves. In fact, so few complete halves are produced that most shellers supply only pieces, or mixed pieces and halves. Sunnyland Farms selections are the extra-fancy large pieces and extra-fancy small pieces.

Recipes using Sunnyland English Walnuts

ZUCCHINI MUFFINS

Elegant for Sunday Brunch

3/4 cup flour
1/4 tsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
1/4 tsp. cinnamon
1 egg
1/2 cup sugar
1/4 cup oil
1 cup unpeeled, grated zucchini
1/4 cup Sunnyland Flame Raisins
1/4 cup Sunnyland
Small English Walnut Pieces

Mix together flour, baking powder, baking soda, salt and cinnamon. Set aside. Beat together egg, sugar, oil until well blended. Stir flour mixture into egg mixture. Do not beat. Add zucchini, raisins and walnuts. Stir only until dry ingredients are moistened. Fill greased muffin tins 2/3 full. Bake at 350° for 25 minutes. Yields 8 muffins.

CHEESE PUFFS

2 cups shredded sharp cheddar cheese
1/2 cup butter or margarine, softened
1 cup self-rising flour
1 cup pitted and chopped Sunnyland Dates
1/2 cup Sunnyland
Small English Walnut Pieces

Cream together cheese and butter; stir in flour. Mix until well blended. Add dates and nuts. Mix well. Shape into 1 inch balls; place on ungreased baking sheet. Bake at 375° for 15 to 20 minutes. Serve hot. Yields 5 dozen.

CHEESE AND CABBAGE SALAD

or. . . try as a light dessert

2 (3 oz.) pkgs. lime gelatin
1 cup boiling water
1 1/4 cups mayonnaise
1 1/2 cups grated cabbage
1 1/2 cups grated sharp Cheddar cheese
1/2 cup Sunnyland
Small English Walnut Pieces
Dash of salt

Dissolve gelatin in boiling water. Add mayonnaise to gelatin, beating with electric mixer. Cool, then refrigerate. When partially congealed, add remaining ingredients. Mix well. Pour into mold and refrigerate until firm. Serves 8.

English Walnuts can be substituted for most any nut in any recipe.

BAKED MUSHROOMS & ARTICHOKES

A "winter vegetable" dish

1/2 lb. mushrooms
2 Tbsp. white wine (optional)
1 (14 oz.) can artichoke hearts, drained
6 slices bacon, cooked and crumbled
2 (8 oz.) cans tomato sauce
2 Tbsp. Sunnyland English Walnut Pieces
2 Tbsp. chopped parsley
2 Tbsp. grated Parmesan cheese

Wash mushrooms, trim tough ends from stems. Cut off stems and slice; set aside. Sprinkle a buttered, shallow baking dish with wine. Arrange mushroom caps and artichoke hearts alternately in dish. Sprinkle with bacon. Combine tomato sauce, sliced mushroom stems and walnuts. Mix well. Pour over vegetables. Sprinkle with parsley and cheese. Bake uncovered at 350° for 30 minutes. Serves 4.

NUTTY CRANBERRY SAUCE

1 quart fresh whole cranberries
1/2 cup orange juice
1/4 cup brandy or Benedictine liqueur
2 cups sugar
1/2 cup Sunnyland
Small English Walnut Pieces

Combine cranberries, orange juice and liqueur in saucepan. Cover and cook about 7 minutes. When skins burst, add sugar and mix thoroughly. Cool. Stir in walnuts. Store in the refrigerator in a covered container. Serve cold as a side dish. Serves 8.

STUFFED ACORN SQUASH

3 acorn squash, unpeeled
1 cup water
1/2 cup butter, melted
1/2 cup brown sugar
1/2 tsp. cinnamon
1/4 tsp. salt
1 (20 oz.) can crushed pineapple, drained
1 1/2 cups diced apple, unpeeled
1 cup chopped celery
1/2 cup Sunnyland
Small English Walnut Pieces

Cut squash in half; remove seeds. Place cut side down in baking dish with 1 cup of water. Bake 45 min. at 350°. Combine butter, sugar, cinnamon, salt. Add pineapple, apple, celery, walnuts; stir together well. Spoon into up-turned baked squash halves. Return to oven and bake an additional 15 to 20 minutes. Serves 6.

BASIL PESTO

1 1/2 cups fresh basil
2 cloves garlic, peeled
1/4 cup Sunnyland
Small English Walnut Pieces
3/4 cup grated Parmesan cheese
3/4 cup olive oil

Combine basil, garlic and walnuts in processor or blender. Add Parmesan. Process until thick. Slowly add olive oil and continue to process until mixture has a butter-like consistency. Serve tossed with cooked pasta for 8. Good either hot or cold. Serves 8.

Note: Store in the refrigerator.

WALNUT-WHEAT BREAD

Dark, sweet, moist wheat bread

1/2 cup dark brown sugar
1/2 cup molasses **3/4 cup milk**
1 cup white flour
2 cups whole-wheat flour
2 1/2 tsp. baking powder **1 tsp. salt**
3/4 tsp. baking soda
1 cup Sunnyland
Small English Walnut Pieces

Preheat oven to 275°. Grease two loaf pans. Put brown sugar in a large bowl, add 3/4 cup cold water, and stir until sugar dissolves. Stir in molasses and milk. In another bowl, mix dry ingredients together. Add to sugar mixture; mix well. Stir in walnuts. Spoon into the pans and bake for 2 hours. Remove from pans and cool on racks. Yields 2 loaves.

CHINESE DROPS

3 sticks butter **3/4 cup sugar**
3 cups flour **1 1/2 tsp. vanilla**
2 cups Sunnyland
Small English Walnut Pieces
Powdered sugar

Cream butter. Add sugar and beat until fluffy. Blend in flour. Stir in vanilla and walnuts. Dough will be very stiff. Roll into balls about the size of a walnut. Place on ungreased cookie sheet. Bake at 350° for 15 - 20 minutes. Cool. Roll in powdered sugar. Yields 6 dozen small cookies.

CHERRY CHOCOLATE CAKE

Celebrate Presidents Day!

2 cups flour **3/4 cup sugar**
1 tsp. baking soda **1 tsp. cinnamon**
1/8 tsp. salt
2 eggs, slightly beaten
3/4 cup vegetable oil **2 tsp. vanilla**
1 (21 oz.) can cherry pie filling
1 (6 oz.) pkg. chocolate chips
1 cup Sunnyland
Small English Walnut Pieces

Mix all dry ingredients together. Set aside. Mix eggs with oil. Stir into dry mixture. Beat until smooth. Add rest of ingredients. Stir well. Pour into a greased bundt pan. Bake at 350° for 1 hour.

THE ALMOND STORY

Almonds are the most widely known and most widely grown tree nuts eaten by man. They are grown in many countries around the shores of the Mediterranean Sea and in the lands of western Asia. French chefs utilize almonds extensively, as do gourmet Chinese cooks.

The Spanish padres who brought religion also brought almonds to the New World. The trees they planted quickly became established in the south-west region of the U.S. Today commercial production is concentrated solely in the magnificent Sacramento River Valley of California.

Man has used almonds throughout recorded history. Witness these passages from the Bible. "And their father Israel said unto them, 'If it must be so now, do this; take of the best fruits in the land in your vessels, and carry down the man a present, a little balm, and a little honey, spices, and myrrh, nuts, and almonds.' "— Genesis 43:11

"And it came to pass, that on the morrow Moses went into the tabernacle of witness; and behold, the rod of Aaron for the house of Levi was budded and brought forth buds, and bloomed blossoms, and yielded almonds."— Numbers 17:8

Almonds became popular throughout Europe. An inventory of the household goods of the queen of France in 1372 showed 20 lb. of sugar — and 500 lb. of almonds!

Botanically, almonds are not nuts, but are a stone fruit like peaches and plums. We eat the pit, or seed.

They are bee-pollinated. The beautiful pink and white blossoms make orchards a fairyland in the spring. They also make frost control a nightmare for growers!

Every grower that we've met pronounces "almond" to rhyme with "ham". They don't mind, however, when non-growers pronounce it to rhyme with "palm".

Almonds come in many sizes and forms. At Sunnyland we offer extra-large whole almonds, toasted or natural; blanched slivered; and unblanched sliced.

Recipes using Sunnyland Almonds

BROCCOLI DIP

2 onions, chopped **1 stick butter**
2 cups chopped celery
1 (10 3/4 oz.) can cream of mushroom soup
1 roll garlic cheese, softened
8 oz. cream cheese, softened
1 small pkg. frozen chopped broccoli
1/3 cup Sunnyland Slivered Almonds

Saute onions in butter. Add celery; cook until tender. Stir in remaining ingredients; heat thoroughly. Serve hot in chafing dish with crackers. Serves 10-12.

ALMOND EGG FOO YUNG

6 eggs **1/2 tsp. salt**
1/8 tsp. freshly ground black pepper
3/4 cup Sunnyland Sliced Almonds
1 (14 oz.) can bean sprouts, drained
1 (4 oz.) can mushroom stems and pieces, drained
1 cup chopped green pepper
1/2 cup chopped onion
2 Tbsp. margarine **Soy sauce**

In large bowl, beat eggs lightly with salt and pepper. Mix almonds and bean sprouts into eggs; set aside. Saute mushrooms, green pepper, onions in margarine in skillet; stir into egg mixture; mix well. For each cake, (mixture makes 4 cakes) pour 1/2 cup of mixture into skillet; cook over medium heat, drawing in edges of egg with spatula to keep mixture in individual cake. Turn cake when bottom is golden; cook other side. Serve with soy sauce. Serves 4.

CHICKEN PIE WITH ALMONDS

1 (10 3/4 oz.) can cream of chicken soup
1 (8 oz.) carton sour cream
1 (8 oz.) can sliced water chestnuts
1 (2 oz.) jar diced pimento
1/2 cup Sunnyland Slivered Almonds
5 chicken breasts, cooked and chopped (can substitute dark meat)
1 cup butter cracker crumbs
1 stick of butter or margarine, melted

Add cream of chicken soup, sour cream, water chestnuts, pimento and almonds to chopped chicken. Mix together; put in a 2-quart greased casserole. Sprinkle cracker crumbs on top of casserole. Pour butter over crackers. Bake uncovered at 350° for 35 to 45 min. until brown on top.

ALMOND CAULIFLOWER

1 large head fresh cauliflower
Boiling salted water
1/2 cup Sunnyland Slivered Almonds
1/3 cup sweet butter
Salt to taste
Freshly ground black pepper to taste

Trim cauliflower carefully, cutting away most of woody stalks on underneath side of head. (Leave some so cauliflower stays intact while cooking.) Cook whole cauliflower, covered, in boiling salted water until barely tender, about 10 min.; drain. Salt and pepper to taste. Brown almonds slowly in butter. Serve cauliflower topped with almonds. Serves 4 - 6.

GRAPEFRUIT-ALMOND SALAD

1 (3.4 oz.) pkg. lemon gelatin
2 grapefruits, peeled and sectioned
1 (16 oz.) can white cherries, pitted
1 (8 oz.) can pineapple chunks, drained
1/2 cup Sunnyland Slivered Almonds

Dissolve gelatin in 1 3/4 cups boiling water. Cool. Stir in fruits and almonds. Pour into mold and chill. Serve on lettuce leaves with mayonnaise. Serves 6.

CHICKEN SALAD AMANDINE

3 cups chopped cooked chicken
1 Tbsp. curry powder
2 Tbsp. soy sauce
2 Tbsp. lemon juice
2 cups diced celery
2 (8 oz.) cans water chestnuts, drained and sliced
1 (20 oz.) can chunk pineapple, drained
2 cups Sunnyland Slivered Almonds, toasted
1/2 cup mayonnaise

Place chopped chicken in a large bowl. Mix in curry powder, soy sauce, lemon juice. Add rest of ingredients. Mix thoroughly. Refrigerate. Serve cold. Serves 8.

SEAFOOD SUPREME

1 1/2 lbs fresh asparagus (or 2 (15 oz. cans)
1/2 cup water **1 tsp. salt**
1/2 lb. sharp cheese, grated and divided
1 (5 oz.) can lobster
1 (6 oz.) can crabmeat
1 (4 1/4 oz.) can shrimp
2 (4 oz.) cans sliced mushrooms, not drained
2 (10 3/4 oz.) cans cream of mushroom soup, undiluted
1/2 cup fine fresh bread crumbs
1/2 cup Sunnyland Slivered Almonds
Paprika

Cook fresh asparagus in water and salt until tender. (If canned, heat through.) Drain. Place asparagus in a buttered shallow casserole. Sprinkle half of cheese on top. Drain and flake lobster, crabmeat, and shrimp. Place over cheese. Blend mushrooms and liquid with soup. Spread on top. Cover with bread crumbs, remaining cheese, and almonds. Sprinkle with paprika. Cover dish with foil. Bake at 350° for 40 minutes. Serves 6.

VEGETARIAN CASSEROLE

1 (11 oz.) can white shoepeg corn, drained
1 (14.5 oz.) can French-cut green beans, drained
1/2 cup chopped celery
1/2 cup chopped onion
1 (2 oz.) jar diced pimentos
1/2 cup sour cream
1/2 cup grated sharp Cheddar cheese
1 (10 3/4 oz.) can cream of celery soup
1/2 tsp. salt **1/2 tsp. pepper**

Mix all ingredients. Place in 1 1/2-quart casserole. Sprinkle topping over casserole. Bake at 350° for 45 minutes. Serves 8-10.

Topping

1 cup cracker crumbs
1/2 stick butter, melted
1/2 cup Sunnyland Slivered Almonds

Combine melted butter and cracker crumbs. Stir in almonds. Toss together.

DEVILED CRAB AMANDINE

2 (6 oz. ea.) cans crab meat
1/2 tsp. dry mustard
1/4 tsp. mace **1/4 tsp. salt**
1/8 tsp. cloves **1/8 tsp. pepper**
1/4 tsp. Tabasco **2 eggs, beaten**
1 1/2 cups milk
3/4 cup Sunnyland Sliced Almonds

Drain, rinse and flake crab meat. Put into a mixing bowl. Sprinkle with seasonings and Tabasco. Stir in eggs and milk. Turn into 6 individual ramekins and sprinkle with almonds. Place in shallow baking dish, pour 1/2" hot water into bottom of dish. Bake in 350° oven 30 min. Serves 6.

WHITE CHOCOLATE FUDGE

2 cups sugar
1 cup evaporated milk
1/2 cup butter
8 oz. Sunnyland White Almond Bark
1 cup miniature marshmallows
1/2 cup flaked coconut
1/2 cup Sunnyland Sliced Almonds, toasted
1 tsp. vanilla extract
Sunnyland Toasted/Salted Whole Almonds to garnish

Butter sides of a 3-quart saucepan. Add sugar, evaporated milk and butter. Cook over medium heat to soft ball stage (236°), stirring frequently. Remove from heat. Add almond bark and marshmallows; heat until melted. Quickly stir in coconut, almonds and vanilla extract. Pour into a buttered 10" × 6" × 1 1/2" dish. Garnish with whole almonds. Cut into small pieces when cool.

ALMONDINE SAUCE

Melt 1/2 cup of butter. Add 1/3 cup Sunnyland Slivered Slivered Almonds and cook over low heat until nuts are thoroughly heated. Blend in 3 Tbsp. lemon juice. Serve over broiled or fried fish. Delicious over hot vegetables.

THE PEANUT STORY

History

Peanuts have been known since the early days of the American colonies. Thomas Jefferson grew "ground nuts" in his home garden at Monticello.

Peanuts originated in the tropical lower reaches of the Andes Mountains in Bolivia. They have been found in many ancient Inca tombs. Spanish and Portuguese explorers carried them to Africa, where they proved highly adapted. From there they came to North America. Today they grow in warm-weather climates world-wide. India is by far the largest producer of peanuts, followed by China, then the United States.

In most countries, peanuts are grown mostly for oil. Peanut oil is a high quality cooking oil, high in unsaturated fat. Also it can be heated to quite high temperatures without smoking or burning. We use peanut oil for all our nut roasting.

The meal which remains after the oil is squeezed out makes excellent feed for fattening animals.

In the U.S., peanuts were strictly a Southern delicacy until after the Civil War. Northern soldiers returning home took with them a taste for the "goobers" they had enjoyed down South. Soon the home folks were asking for them. P.T. Barnum began selling roasted peanuts at his circus. Soon, theater owners began allowing customers in the uppermost balconies to bring peanuts to performances. Thus was born the "peanut gallery."

The distinguished American botanist, Dr. George Washington Carver, worked with peanuts most of his career. He developed more than 300 products from peanuts, from shaving cream to wallboard, from plastics to cheese. He once served an entire dinner in which every dish was made from peanuts.

Peanuts are actually peas, not nuts. The plant is a pea-vine which grows about knee high and bears a white and yellow pea blossom.

Food Value of Peanuts

- Peanuts are over 26% pure protein, higher than other traditional protein sources such as eggs (11%), ground beef (24%) and whole milk (3.5%). They also rank high in Phosphorus; Iron; Niacin; Riboflavin; and Thiamine.

Peanut Butter

Peanut Butter may be one of our original "health" foods. Incas used ground peanuts mixed with coca leaves as a remedy for toothache. Peanut butter as such was unknown until 1890. In that year, a St. Louis physician "invented" it to provide a tasty, easily digested, high-protein food for some of his young patients.

The patients liked the Dr.'s concoction so well they continued to enjoy it after they got well, and shared with their friends. By the 1920's, peanut butter was known and appreciated by adults and children across the country.

Sunnyland Peanuts

Of the many peanut varieties grown, our choices are red-skin Spanish peanuts and blanched Virginias. Both come three ways: toasted and salted; toasted, not salted; and raw. Both varieties are delicious in any recipe.

Cooking with Sunnyland Peanuts

PEA AND PEANUT SALAD

2 (10 oz.) pkgs. frozen green peas, thawed, drained well
2 green onions, chopped
1 cup Sunnyland Toasted and Salted Peanuts, chopped
1 cup sour cream
1/2 tsp. pepper
6 slices bacon, cooked and crumbled

Combine all ingredients, except bacon, and mix well. Chill. Sprinkle with bacon before serving. Can be made the day ahead. Serves 6 - 8.

NUTTY TOMATOES

1 (10 oz.) pkg. frozen chopped broccoli
1 cup (4 oz.) shredded Swiss cheese
2 Tbsp. finely chopped onion
1/2 cup Sunnyland Toasted and Salted Peanuts, chopped
4 large tomatoes, room temperature

Cook broccoli according to package directions; drain; add cheese, onion, peanuts, stirring well. Cut tomatoes in half. Place cut side up in baking dish. Spoon broccoli mixture on each tomato; broil 5 inches from heat 8 minutes or until cheese melts. Serves 8.

TUNA - CANTELOPE SALAD

1 (6 1/8 oz.) pkg. frozen Chinese pea pods
2 (6 1/8 oz.) cans tuna, drained
3 cups cooked rice 1/3 cup mayonnaise
1 tsp. chicken bouillon granules
1/4 tsp. ground ginger 3 small cantelopes
1/3 cup coarsely chopped Sunnyland Toasted and Salted Peanuts

Rinse frozen pea pods under running cold water to separate; drain. Mix pea pods, tuna, rice, mayonnaise, bouillon granules and ginger. Cover and refrigerate at least 2 hours.

Cut cantelopes crosswise into halves; scoop out seeds. (For decorative edge on shells, cut a saw-toothed or scalloped design.) Cut a thin slice from bottom of each half, if necessary, to prevent tipping. Spoon about 1 cup tuna mixture into each half; sprinkle with peanuts. Serves 6.

Variation: Use Sunnyland Cashew Pieces instead of peanuts.

PARTY RICE

1/3 cup sliced green spring onions
1 Tbsp. butter
1 1/2 cups uncooked long-grain rice
3 cups water 1 Tbsp. lemon juice
1 1/2 tsp. beef bouillon granules
1/4 tsp. salt 1/4 tsp. ground tumeric
1/2 cup Sunnyland Flame Raisins
1/2 cup coarsely chopped Sunnyland Toasted and Salted Peanuts
Parsley

In a large saucepan, cook onion in butter until tender. Add rice and cook until golden. Add water, lemon juice, beef bouillon, salt and tumeric. Heat until boiling. Reduce heat, cover and simmer 15 minutes or until all the water is absorbed. Remove from heat, add raisins and peanuts and let stand for 10 minutes. Garnish with parsley. Serves 8.

Menu Suggestion: Serve with shrimp and your favorite green vegetable.

MACARONI AND CHEESE WITH PEANUTS

1 (8 oz.) pkg. elbow macaroni
3 Tbsp. butter or margarine
2 Tbsp. flour 1 1/2 cups milk
1/2 tsp. salt
2/3 cup grated cheese, divided
3/4 cup chopped Sunnyland Toasted and Salted Peanuts, divided
1/4 cup fine dry bread crumbs mixed with 1 Tbsp. melted butter or margarine

Cook macaroni according to package directions until tender; drain. To make white sauce, melt butter, blend in flour, salt; add milk and cook, stirring slowly, until thickened. Arrange alternate layers of cooked macaroni, cheese and peanuts in greased baking dish, reserving some peanuts and cheese for the top. Cover with white sauce and sprinkle with bread crumbs, reserved peanuts and cheese. Bake in 375° oven 20 minutes. Serves 4.

HAYSTACKS

1 (12 oz.) pkg. butterscotch chips
1 cup Sunnyland Toasted & Salted Peanuts
1 (5 oz.) can chow mein noodles

Melt chips in double boiler. When completely melted, add peanuts and mix thoroughly. Add noodles, mixing lightly. Drop by tablespoon onto well greased (buttered) wax paper. Allow to cool and harden before serving. Haystacks may be frozen. (If you can keep them away from the family!)

PEANUT PRALINES

1 cup buttermilk 1 cup margarine
2 1/2 cups granulated sugar
1/2 tsp. baking soda 1 Tbsp. vanilla
2 Tbsp. peanut butter
2 1/2 cups Sunnyland Toasted and Salted Peanuts

Mix buttermilk, butter and sugar in a 2-quart saucepan. Cook and stir over low heat until sugar is dissolved. Add peanuts and cook over medium heat to soft-ball stage or to 234° on candy thermometer, stirring constantly. Add soda, vanilla, peanut butter; stir rapidly only until mixture is creamy and thickened. Drop rapidly from a tablespoon onto a lightly greased baking sheet to form patties. Let stand until cool and set. Yields about 2 dozen pralines.

PEANUT MACAROONS

1 egg white
1/4 cup sugar
1/2 cup chopped Sunnyland Toasted and Salted Peanuts
1 tsp. vanilla

Beat egg white until stiff; gradually add sugar, beating constantly. Stir in peanuts and vanilla. Place by teaspoonfuls on greased cookie sheets, about 1 1/2" apart. Bake at 300° until dry, about 12 - 15 minutes. Yields 16 macaroons.

PEANUT BUTTER ICE CREAM PIE

Easy and Good!

3/4 cup peanut butter
2 cups vanilla ice cream, softened
1 cup whipped dairy topping
1 (8") graham cracker pie crust
1/2 cup Sunnyland Toasted and Salted Peanuts for topping
1 (12 oz.) jar fudge sauce, heated

Mix peanut butter and ice cream with electric mixer. Stir in dairy topping. Pour into pie crust. Freeze. Garnish with peanuts; serve with hot fudge sauce. Serves 6.

THE APRICOT STORY

Apricots, a native of China, came to Europe with the armies of Alexander the Great. Alexander made it only as far as Babylon; apricots made it all the way. They quickly became a favorite fruit of Southern Europe.

'Cots came to the New World, like so many of our fruits, with the Franciscan Padres. (California's agriculture might be entirely different were it not for those good Fathers.) Today the apricot grows along the coastal areas and the western side of California's great Sacramento and San Joaquin valleys.

Close kin to the peach, apricot trees look very similar. (Both are kin to the rose, which they look nothing like.) In early spring, a small white or shell-pink blossom appears on the bare branches. Shortly, the young pale-green leaves begin unfolding. The orchards become a veritable fairyland.

Apricots bloom a couple of weeks earlier than peaches and plums. This makes it vulnerable to a late winter freeze, and effectively restricts the regions where it can be successfully produced.

The fruit ripens in July. It is harvested like other fruits. That is, the tree is shaken, the fruit falls onto a canvas catching frame. From there it goes to the processing plant, where the fruit is cut in half, the pit removed, and the fruit spread cut-side-up on large drying frames. It is then treated with sulfur dioxide to prevent it from losing its color and its nutrients during the drying process. It dries naturally in the sun for 4 - 5 days. From 5-1/2 to 8-1/2 pounds of fresh fruit make just one pound of dried 'cots.

Once dry, the fruit is inspected, graded and sized. The fruit we get is the large sizes. Each Sunnyland apricot must be at least 1-1/4 inches across to be acceptable to us.

The apricot is kin to the almond — which is not a true nut at all, but a fruit pit. Like almonds, the apricot pit is a delicacy in many tropical lands. In some countries, the pits are ground up to make camel feed.

Cooking with Sunnyland Apricots

APRICOT MUSTARD FOR MEATS

1 1/2 cups Sunnyland Dried Apricots

Cover apricots with water; boil in tightly covered saucepan for 15 minutes, or until tender. Mash apricots with a little cooking liquid through a fine sieve, or puree in blender. To each 1 1/2 cups puree add:

1 1/2 tsp. curry powder
3 Tbsp. honey
1 tsp. almond extract
2 Tbsp. dry mustard
1 tsp. powdered ginger

Blend well. Yield: 1 pint.

HOT APRICOT SOUFFLE

1 cup Sunnyland Dried Apricots
1/4 cup sugar
1 Tbsp. lemon juice
1/2 tsp. grated lemon rind
Pinch salt
5 egg whites
Whipped cream to garnish

Cover apricots with water; boil in tightly covered saucepan for 15 minutes, or until tender. Drain apricots and force through a fine sieve, or puree in a blender with a little of the cooking liquid. There should be approximately 1 cup thick puree. While puree is still warm, stir in sugar, lemon juice, rind and salt. Fold mixture into stiffly beaten egg whites. Pour into a buttered and sugared 6-cup souffle dish and bake in 350° oven 30-35 min. Serve at once with whipped cream. Serves 6.

APRICOT CHICKEN

Quick and Easy

2 cups Sunnyland Dried Apricots
2 fryer size chickens, cut in pieces
1 (1 oz.) envelope onion soup mix
1 (8 oz.) bottle Russian dressing

Cook apricots until tender; cool and chop. Place chicken pieces in baking dish. Mix apricots, soup mix and dressing; pour over chicken. Cover and bake in 350° oven for 1 hour. Serves 8.

FRUIT 'N RICE

1/2 cup chopped onion **2 Tbsp. butter**
2 1/2 cups chicken broth
1/2 tsp. salt
1/4 tsp. ground ginger
1 cup long grain rice
1/3 cup chopped Sunnyland Dried Apricots
2/3 cup Sunnyland Golden Raisins
1/3 cup Sunnyland
Slivered Almonds, toasted

Cook onion in butter in large saucepan until tender, but not brown. Add chicken broth, salt, ginger; bring to a boil. Stir in rice and apricots; reduce heat, cover tightly, and simmer 20 min. Remove from heat; stir in raisins. Let stand, covered, until liquid is absorbed, about 5 min; stir in nuts. Serves 6.

THE BLACK WALNUT STORY

Black walnuts are a unique American contribution to mankind's culinary pleasures. Magnificent black walnut trees are found growing wild from New England to Minnesota and south as far as the Gulf States. The largest concentrations are in the Ozark Mountains of Arkansas and Southern Missouri. This is where we get our black walnut meats.

A few growers have planted orchards of black walnuts. However, their nuts are much more bland than the wild nuts, which we like better, and which we sell.

The trees grow to enormous size, some reaching a height of 150 feet and thickness as much as 6 feet. Black walnut trees produce beautiful lumber used for furniture and paneling. Because the lumber is so highly prized, production of walnuts may be endangered. One walnut tree sold in 1977 for $30,000 for plywood! In fact, tree "rustling" has been a problem in many areas. There have been reports of people returning home after a vacation trip to find all their black walnut trees cut down and spirited away.

Black walnut nuts have a very hard thick shell, and are difficult to crack. They yield only about 8% meats (vs. 40-60% for pecans and 60-70% for almonds) and crack out broken pieces only.

Fortunately, black walnut shells have many industrial uses. Ground shells are used in oil-well drilling "mud"; for sandblasting jet aircraft engines (it cleans away the carbon without scarring the metal); and in many building materials.

The nutmeats have a very strong flavor. The fragrance you detect upon opening the package is the normal one for Eastern black walnuts. Some persons, unfamiliar with black walnuts, have thought this aroma indicated rancidity. It does not.

Because of their strong flavor, black walnuts are used chiefly as an ingredient item in recipes. They are much favored in making ice cream and candies and baked goods because they retain almost all their flavor during the cooking process. However, we do have many customers whose love affair with black walnuts has progressed to the point that they buy them to eat out of hand. Most people use them only in recipes.

A most versatile nut meat, Black Walnuts add delicious flavor to cakes, cookies, candy, salads, pies and many other baking treats.

Recipes using Sunnyland Black Walnuts

BLACK WALNUT MUFFINS

A hearty maple-flavored breakfast muffin

2 cups flour
2 cups quick-cooking oats
1 tsp. baking powder
1/2 tsp. soda **1/2 tsp. salt**
1 cup melted butter
1/2 cup Sunnyland Maple Syrup
1 cup milk
1 egg, beaten
1/4 tsp. maple extract
1 cup Sunnyland Black Walnut Pieces
2 1/2 Tbsp. dark brown sugar

Mix dry ingredients. Stir together melted butter, maple syrup, milk, egg, and maple extract. Add to dry ingredients. Mix only until dry ingredients are moist. Do not beat. Stir in black walnuts. Fill greased muffin tins 3/4 full. Sprinkle with brown sugar. Bake in 400° oven until a toothpick inserted in center comes out clean, 20-25 minutes.

LEMON POUND CAKE

1 pkg. lemon cake mix
1 (3.4 oz.) pkg. lemon instant pudding mix
1/2 cup vegetable oil
1 cup water **4 eggs**
1 cup Sunnyland Black Walnut Pieces

Blend together in mixer bowl all ingredients except nuts. Beat for 2 minutes at medium speed. Stir in nuts. Pour into greased and floured tube pan. Bake at 350° for 45 - 55 minutes until center springs back when lightly touched. Cool in pan for 25 minutes; invert on plate and drizzle with glaze.

Glaze

1 cup powdered sugar
1 1/2 Tbsp. lemon juice
1 tsp. oil

Sift powdered sugar. Blend in lemon juice and oil. Add more sugar or juice as needed for consistency desired.

BLACK WALNUT BONBONS

1/4 cup light corn syrup
1 tsp. vanilla
1/8 tsp. salt
1/2 cup instant nonfat dry milk
1/4 cup finely chopped Sunnyland Black Walnuts
1/4 cup powdered sugar

Mix the syrup, vanilla, salt, dry milk, and walnuts together in a bowl, using your hands to blend well. Sprinkle a board with a little of the powdered sugar and knead the candy on the board until it becomes creamy. Shape into 1" balls and dust with the remaining powdered sugar. Store in the refrigerator.

THE BRAZIL NUT STORY

Brazil nuts are truly a product of Brazil, though some of the best nuts do come from Bolivia and Equador. The Brazil nut tree grows wild along the banks of the Amazon River and its tributaries. It loves hot, humid, rainy weather. Attempts to cultivate it in other parts of the world have not been successful.

In fact, there is only a handful of Brazil nut plantations. The cost and length of time involved in bringing a plantation into profitable production makes it a risky venture. The majority of the harvest is from wild trees. Thus, when one reads of the "Brazil nut production", this is only those which are harvested, rather than those which are available for harvest. There are vast regions of the Amazon basin loaded with Brazil nut trees left untouched because they're too hard to get to.

The Brazil nut tree is a magnificent specimen. It rises 100 - 150 feet above the Amazon floor and towers over the rest of the jungle growth. Because of the denseness of the rain forest, branches do not grow near the bottom. The fruit of the trees is a large, woody shelled capsule, resembling a coconut without its husk. Inside this outer shell is a hard pod. This pod contains from 12 to 20 nuts, arranged like the segments of an orange and held in place by a fibrous growth.

Harvest of Brazil nuts is from November to June and is done by laborers called caboclo. The caboclo gathers the pods in baskets and carries them to trading posts. As long as the price is high enough, he will gather the nuts. But if the price falls, he will leave the nuts on the ground and move on to other work, such as rubber harvesting.

The caboclo makes it a point not to be under the trees during rain and high winds. The Brazil nut pods, weighing 2 - 4 pounds and dropping from such a great height, fall at speeds of more than 5,000 feet per minute create a lethal weapon.

The shelling operation is a largely manual one. The nuts are soaked for 24 hours, then put in boiling water for 3 - 5 minutes to soften the shell. Cracking machines are hand operated and resemble a home bottle capper. In some small plants, a piece of iron or a wooden club suffices. The shells and bad kernels are used for fuel to dry the nuts. Workers are paid a piece rate and they attain amazingly fast speeds.

The food value of Brazil nuts is high compared to that of other fruits and nuts. It is surpassed only by pecans and walnuts.

Recipes using Sunnyland Brazil Nuts

DATE CAKE

1 1/2 cups Sunnyland Brazil Nuts, blanched and cut in half
1 cup Sunnyland Large Pecan Pieces
1 lb. pitted and chopped Sunnyland Dates
1 1/2 cups maraschino cherries, drained
3/4 cup flour
3/4 cup sugar
1/2 tsp. baking powder
1/2 tsp. salt
3 eggs
1 tsp. vanilla

Preheat oven to 300°. In large bowl, combine nuts, dates and cherries. Thoroughly stir together flour, sugar, baking powder and salt. Beat eggs and vanilla until foamy, stir in flour mixture. Pour over nut mixture, stirring to mix well. Pour into greased and floured 9" × 5" × 3" loaf pan. Bake for 1 hour 20 minutes. Cool in pan 10 minutes. Cool on rack. Wrap in moistened cheesecloth, then in foil. Store several days in the refrigerator.

CHRISTMAS CANDY

3 cups sugar
1 cup corn syrup
1 1/2 cups light cream
1 1/2 tsp. vanilla
1 cup Sunnyland Brazil Nuts, cut in half
2 cups Sunnyland Junior Pecan Halves
1 cup Sunnyland Small Black Walnut Pieces
1/2 lb. candied red cherries, chopped
1/2 lb. green candied pineapple, cut in wedges

Combine sugar, corn syrup, and cream, cook over medium heat to 238° on a candy thermometer. Remove from heat, beat immediately. Mixture will thicken and begin to change color. Add vanilla, continue beating. Add nuts and fruits slowly to mixture. Pack into loaf pan lined with wax paper, pressing firmly with wet spoon. Chill in refrigerator 24 hours. Remove from pan. Slice and cut into bite size pieces. Candy keeps several months.

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1 tsp. baking powder
1/2 tsp. soda **1/2 tsp. salt**
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1 cup milk
1 egg, beaten
1/4 tsp. maple extract
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2 1/2 Tbsp. dark brown sugar

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1/2 cup vegetable oil
1 cup water **4 eggs**
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Glaze

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1 1/2 Tbsp. lemon juice
1 tsp. oil

Sift powdered sugar. Blend in lemon juice and oil. Add more sugar or juice as needed for consistency desired.

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1 tsp. vanilla
1/8 tsp. salt
1/2 cup instant nonfat dry milk
1/4 cup finely chopped Sunnyland Black Walnuts
1/4 cup powdered sugar

Mix the syrup, vanilla, salt, dry milk, and walnuts together in a bowl, using your hands to blend well. Sprinkle a board with a little of the powdered sugar and knead the candy on the board until it becomes creamy. Shape into 1" balls and dust with the remaining powdered sugar. Store in the refrigerator.

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1 cup Sunnyland Large Pecan Pieces
1 lb. pitted and chopped Sunnyland Dates
1 1/2 cups maraschino cherries, drained
3/4 cup flour
3/4 cup sugar
1/2 tsp. baking powder
1/2 tsp. salt
3 eggs
1 tsp. vanilla

Preheat oven to 300°. In large bowl, combine nuts, dates and cherries. Thoroughly stir together flour, sugar, baking powder and salt. Beat eggs and vanilla until foamy, stir in flour mixture. Pour over nut mixture, stirring to mix well. Pour into greased and floured 9" × 5" × 3" loaf pan. Bake for 1 hour 20 minutes. Cool in pan 10 minutes. Cool on rack. Wrap in moistened cheesecloth, then in foil. Store several days in the refrigerator.

CHRISTMAS CANDY

3 cups sugar
1 cup corn syrup
1 1/2 cups light cream
1 1/2 tsp. vanilla
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2 cups Sunnyland Junior Pecan Halves
1 cup Sunnyland Small Black Walnut Pieces
1/2 lb. candied red cherries, chopped
1/2 lb. green candied pineapple, cut in wedges

Combine sugar, corn syrup, and cream, cook over medium heat to 238° on a candy thermometer. Remove from heat, beat immediately. Mixture will thicken and begin to change color. Add vanilla, continue beating. Add nuts and fruits slowly to mixture. Pack into loaf pan lined with wax paper, pressing firmly with wet spoon. Chill in refrigerator 24 hours. Remove from pan. Slice and cut into bite size pieces. Candy keeps several months.

THE CASHEW STORY

Cashews are all imported, from India, Africa or Brazil. The cashew is a tropical tree. It won't stand any frost.

The Cashew tree is native to Brazil. Portuguese explorers carried cashews from that country to India in the 16th century. It proved highly adapted to South India and East Africa. Newer plantings are now coming into production in Indonesia.

Cashews are the most popular snack nut in the United States, after peanuts. Last year we imported about 100 million pounds of cashew nut meats, an amount very close to our total production of pecans. About half of U.S. imports came from Brazil and half from India.

The cashew tree is a large, spreading tree, attaining a height of 30-50 feet. It requires a minimum of attention and can exist in many different types of soil. It grows at sea level on beaches and as high as 3,000 feet on mountain sides. The cashew thrives in areas with rainfall as high as 150 inches a year and as low as 20 inches a year. In India, the main crop is harvested in March and April. In Brazil the harvest is mostly in November and December.

The cashew is kin to the mango. Its fruit is a red or yellow "apple" vaguely resembling the mango. The cashew nut itself is attached to the bottom of this fruit. The "apple" itself is a highly prized food item in Brazil and India. It does not ship well, however, and must be consumed within 24 hours of harvest, so we in this country never have the opportunity to enjoy it.

Cashews are shelled before export. The shell itself is then processed to recover a highly valuable but caustic liquid. This liquid is used for making medicines, as an ingredient in resins and other industrial products. More than 250 patents have been issued covering products made from this valuable by-product.

Toasted and salted cashews are one of the best tasting nuts you'll find. They are marvelous in recipes too, as the Chinese discovered long ago. Try some of the recipes below for new and delightful meals.

Recipes using Sunnyland Cashews

FISH WITH CASHEWS

2 Tbsp. lemon juice
2 tsp. grated lemon rind
6 fish fillets **Flour**
Salt and pepper **Butter or oil**
1/2 cup Sunnyland Cashew Pieces
Fresh parsley, chopped for garnish

Put fish in a shallow dish; brush with the lemon juice and rind; let stand for at least 15 minutes. Roll fish in seasoned flour; fry in butter or oil until tender. Remove fish to a serving platter. In the same pan fry and lightly brown the cashews. Serve the nuts over the fish; sprinkle with parsley. Serves 6.

NUTTY CHEESE LOAF

1 Tbsp. butter
1 large onion, peeled and chopped
1 cup rolled oats
1/ 2 cup whole wheat bread crumbs
1 cup finely chopped Sunnyland Cashew Pieces
1/2 cup finely chopped Sunnyland Pecan Pieces
1/2 cup milk
3 eggs, slightly beaten
1 1/2 cups shredded sharp Cheddar cheese
1/2 tsp. salt
Dash white pepper

Melt butter in 10" skillet; add onion and saute until limp. Stir in remaining ingredients until mixture is well blended. Pour into well-greased shallow 1-quart casserole; bake, uncovered, in preheated 400° oven 50 minutes, or until well browned. Slice to serve. Serves 4.

CHINESE CHICKEN

3 chicken breasts, deboned, halved and cut into julienne strips
1/4 cup butter or salad oil
2 cups diced celery
1/2 lb. French-cut green beans
1 cup sliced water chestnuts
1 cup bamboo shoots
1/4 cup soy sauce
2 cups chicken broth, boiling
2 tsp. salt **1 tsp. sugar**
1 tsp. pepper **2 Tbsp. cornstarch**
1 cup Sunnyland Cashews
2 Tbsp. butter

In large pot, cook chicken slowly in hot butter until meat is white. Remove chicken. Saute celery and beans in pot for 2 minutes. Put chicken back into pot; add all ingredients except cornstarch, cashews and butter; stir well. Cover and cook 5 minutes. Mix a little liquid from pot with cornstarch. Stir into pot. Cook until liquid thickens. Spoon onto serving dish. Quickly saute cashews in 2 Tbsp. butter. Sprinkle over the finished dish. Serves 6.

THE HAZELNUT STORY

The hazelnut (also known as filbert), the ancient Chinese tell us, is one of the five sacred nourishments God bestowed on human beings. The Chinese have cultivated hazelnuts continuously since receiving this "sacred nourishment" more than 4,500 years ago.

A Greek physician, Dioscorides, who lived about 150 A.D. reported:

"It cures chronic coughing if pounded hazelnuts are eaten with honey."

"Cooked hazelnuts mixed with black pepper cures the cold."

"If the ointment produced by mashing burnt hazelnut shells in suet is smeared on the head where hair does not grow . . . hair will come again."

Well, hazelnuts may not work that well today as a cure for colds or baldness, but they are a delightful nut — and one not fully appreciated by Americans. We eat an average of only a couple of ounces a year. West Germans, on the other hand, eat about 2-1/2 lbs. per person. Hazelnuts must be good with beer!

In any event, they are a good source of protein and B vitamins. Also several minerals and vitamin C, as well as vitamin E.

Hazelnuts are a member of the birch family. Wild Hazelnuts grow as a low shrub or bush over much of eastern and northern U.S. The nuts of the wild bushes are usually quite small and not worth much commercially. Most U.S. hazelnut plantings are in the Willamette River Valley of Oregon. The first sizable planting was made in 1876 by a Frenchman named David Gernot. He planted seed for 50 trees along a fence row. At last report, 49 of them were still alive and well.

Turkey is the largest producing country in the world, with West Germany the largest user, followed by England. No traditional English Christmas feast is complete without hazelnuts and figs.

Storage of hazelnuts is much simpler than for other nuts. They will stay in good condition for many months at cool room temperature (70°F.) and can keep up to 2 years in a home refrigerator.

Recipes using Sunnyland Hazelnuts

EUROPEAN BREAKFAST CEREAL

2 cups rolled oats
3 Tbsp. brown sugar
1/2 cup chopped Sunnyland Raw Hazelnuts
1/2 cup Sunnyland Flame Raisins
3 Tbsp. brown sugar
1/4 cup chopped Sunnyland Prunes
1/4 cup chopped Sunnyland Apricots

Combine all ingredients in a large mixing bowl. Store in an airtight container. Serve with milk and yogurt. Add seasonal fresh fruit, if desired. Makes 4 cups.

HAZELNUT CAKE

1 cup finely ground Sunnyland Raw Hazelnuts, cold
1/3 cup flour, cold
1/4 cup granulated sugar, cold
1 1/2 cups shredded coconut
4 oz. unsalted butter, finely diced, cold
4 eggs, plus 1 egg yolk
1 1/4 cups brown sugar
1 tsp. baking powder
3 cups Sunnyland Small Pecan Pieces
2/3 cup flour
Pure raspberry perserves
Powdered sugar Whipped cream
Sunnyland Pecan Halves (for garnish)

Butter and dust with flour two 10" spring form pans. Mix cold hazelnuts, cold flour, cold sugar and coconut. Crumble in the cold butter. Divide this mixture between the two pans and pack down flat. Beat eggs, brown sugar and baking powder at high speed until foamy. Gently fold pecan pieces and flour into mixture. Pour over the packed-down base and spread flat. Bake about 20 minutes or until center is just barely set. Remove from oven and cool 15 minutes.

Remove rings. Spread raspberry preserves 1/4" thick on one layer, cover with the other layer, so that both bottoms are on outside. Cover well and refrigerate overnight.

Next day, before serving, dust with powdered sugar and decorate with whipped cream and pecan halves. Serves 8 - 12.

HAZELNUT DESERT WAFFLES

2 cups biscuit mix
1 egg
1 1/4 cups light beer
3/4 cup finely chopped Sunnyland Toasted/Salted Hazelnuts, divided
Whipped cream

Combine biscuit mix, egg, and beer in a bowl and beat until smooth. Add 1/2 cup chopped hazelnuts and mix to distribute them evenly. Bake on a hot waffle iron until light brown. Top with a dollop of whipped cream and a sprinkle of chopped hazelnuts. Yield: 6.

THE MACADAMIA STORY

What do koala bears, Crocodile Dundee and macadamia nuts have in common? Well, one thing is that all are native to Australia. The macadamia grows wild in the coastal forests of Queensland and New South Wales. It is the only native Australian plant ever developed into a commercial food crop.

Aborigines had used macadamias as a food source for years, much as American Indians used pecans. The plant was first described in writing by Baron Ferdinand von Mueller, Australia's foremost botanist, about 1857. He named it "Macadamia Ternifolia" to honor his friend, Dr John MacAdam. The story is told that Dr. MacAdam never saw a macadamia tree, nor ate a macadamia nut.

In 1858, Walter Hill undertook to cultivate macadamia trees under garden conditions at the Botanic Garden in Brisbane. He hired a young lad to shell some nuts for planting. Aborigines, to safeguard their food supply, had told the English settlers that macadamia nuts were poisonous. Hill was therefore horrified when he saw his young assistant eating the nuts and apparently relishing them. A few days later, when the boy had shown no ill effects, Hill himself tried some nuts, found how delicious they are and began singing their praises to his friends and fellow workers. Thus was born the commercial macadamia industry.

The first tree he planted is still living and producing fruit 145 years later.

Macadamias found a new home in Hawaii in 1882. William Purvis planted seed nuts near Kukuiahaele on the Big Island. One of his trees is still alive and bearing fruit.

The Big Island proved to be a very hospitable site. The volcanic lava soil which flowed down the hillsides of the island of Hawaii many years ago seems to provide ideal growing conditions for these creamy morsels. Newer plantings in Costa Rica and Brazil are now coming into bearing.

Growing in tropical conditions, the macadamia tree stays green all year. Its fruit ripens over a period of several months, much like oranges and grapefruit. This long ripening season makes for problems in harvesting. Growers must wait until the nuts fall from the trees. Once on the ground, the nuts must be harvested within a few days or they turn dark. This means that several harvests are required of each tree each season.

A few years ago, growers began offering small packages of roasted macadamias at bargain prices to the airlines. Flight attendants passed them out along with the beverages. Pretty soon thousands of people were saying, "Where can we get more of these great tasting nuts?" Very smart merchandising.

Recipes using Sunnyland Macadamias

MACADAMIA SHRIMP

1 cup water
1/2 lb. shelled raw shrimp
1/2 tsp. salt 1/2 tsp. pepper
1/2 cup Sunnyland Macadamia Pieces
1/2 cup butter or oleo
6 Tbsp. flour
1 Tbsp. chili sauce
1 1/2 cups milk
Hot cooked rice, noodles, or spaghetti

Bring water to boil, add shrimp, salt and pepper. Bring to boil again and cook 3 minutes. Drain, reserve liquid. Cook nuts in butter or oleo until lightly browned. Blend in flour. Add shrimp liquid, chili sauce and milk, cook, stirring until thickened. Add shrimp. Serve on rice. Serves 4.

PINEAPPLE-MACADAMIA BREAD

Serve for brunch or as dessert

2 cups all-purpose flour
1/4 tsp. baking powder
1/2 cup margarine, softened 1/2 cup sugar
1/2 cup light brown sugar 4 eggs
1 tsp. pure vanilla extract
1/2 cup flaked coconut
2 (4 oz.) pkgs. glace pineapple wedges
2/3 cup Sunnyland Macadamia Pieces

Prepare three 6" × 3" loaf pans by lining with greased and floured waxed paper. Combine flour and baking powder in mixing bowl. In separate bowl, cream together margarine, sugar and brown sugar; beat in eggs, one at a time, alternating with flour mixture. Stir in vanilla, coconut, pineapple and nuts. Spoon into prepared pans; bake at 350° for 45 minutes, or until toothpick inserted in center comes out clean. Place on wire cake racks to cool; remove paper.

FRUIT PIE

1/2 cup sugar
2 Tbsp. flour
1 cup crushed pineapple, drained
2 bananas
1 baked 9" pie shell
1/4 cup Sunnyland Macadamia Pieces
Whipped Topping

Mix sugar, flour; add pineapple. Cook over low heat to thicken. Cool. Slice 2 bananas and line pie shell. Sprinkle nuts over bananas, pour pineapple mixture over nuts. Top with whipped topping. Refrigerate about 1 hour before serving. Serves 6.

THE PISTACHIO STORY

The pistachio nut is one of the most elegant of all nuts, the name alone conjuring up visions of exotic and special food. The nuts grow on a small, 20-foot tall, deciduous tree, a species of turpentine. Native to western Asia and Asia Minor, they are now cultivated in all Mediterranean countries, plus California. In their natural state, the nuts come from the tree in a gummy husk which is removed by a special soaking process.

In 1965 archaeologists exploring a ruin of an ancient village in what is now the Hashemite Kingdom of Jordan discovered a cache of about 40 lb. of well-preserved pistachios. Carbon dating revealed them to be 8725 years old!

At the beginning of the Christian era, pistachios were introduced to Mediterranean Europe as green almonds. The Bible mentions them, and most historians agree that the "nuts of Jacob" which Joseph's brothers brought into Egypt were pistachio nuts.

The wonderful cooking of the Persians spread the fame of the nuts. The Greeks prized them; in the days of Plato, pistachios were used layered in special pates. The gorgeous Persian pilaus were studded with whole nuts, and many fine ice creams likewise contain whole pistachios.

Pistachio nuts were introduced into the United States through vending machines. The red nuts seen everywhere were first conceived by venders as colorful and appealing. The red (or green) dye also disguised the shell discoloration that happens when ripe nuts lie on the ground too long.

Historically, most of our pistachios came from Iran, with smaller quantities from Turkey. After the rise to power of the Ayatollah Khoumeni, trade with Iran, including pistachios, dropped off sharply.

Fortuitously, about 10 years before the hostage crisis, California farmers had started planting pistachio trees. These trees came into bearing just when our Iranian supply was cut off. There are now about 50,000 acres in production in the Golden State. And, best of all, California nuts are bigger, more open, and easier to shell than the imported ones!

Prized for its looks, taste and texture, the pistachio nut has travelled far. It is equally at home in plebeian sausages and the elegant baklava pastry, beloved in the Middle East and now growing in popularity on the Continent, in England and in the United States. European sausage makers and those in the state of Wisconsin often use whole pistachios in various wursts and other sausages, especially liver sausage. The presence of pistachios immediately conveys a touch of elegance, and the fanciest of ice cream and pastry makers cherish the pistachio for its delicacy of taste and beauty of appearance.

The pistachio adds luster wherever it is used and our Sunnyland Farms pistachio is truly a nut of distinction. We know everyone enjoys eating pistachios out of the shell as a nutritious snack. Now more and more folks are enjoying these nuts in fine recipes.

Recipes using Sunnyland Pistachios

PASTA PISTACHIO

Serve with chicken or shellfish

8 oz. spaghetti **1 clove garlic, minced**
1/4 cup chopped onion
2 Tbsp. olive oil or butter
1/2 cup shelled and chopped Sunnyland Toasted and Salted Pistachios
1/4 cup chopped ripe olives
1/4 cup minced parsley **1 tsp. lemon juice**
1/8 tsp. pepper **1/8 tsp. basil**
1/3 cup grated Parmesan cheese

Cook spaghetti and drain. Saute garlic and onion in oil until onion is tender; add to spaghetti. Add remaining ingredients except cheese. Toss together; heat over low heat for 2 minutes. Toss with Parmesan cheese. Serves 6 - 8.

PISTACHIO PIE

2 cups flour
2 sticks margarine, softened
1/2 cup shelled and finely ground Sunnyland Toasted and Salted Pistachios
1 (8 oz.) pkg. cream cheese
1 cup powdered sugar
2 cups frozen whipped topping
2 (3.4 oz.) pkgs. pistachio instant pudding mix
3 cups milk

Work flour, margarine and nuts like pie dough and press into a 13" × 9" × 2" pan. Bake at 350° for 20 min. Don't overcook. Let cool. Beat well cream cheese, sugar and whipped topping. Spread very carefully over the bottom layer (so it doesn't pull up). Mix the pudding and milk together. Pour quickly over the second layer before the mixture begins to set. Chill. Serves 8 - 10.

PINEAPPLE SALAD

1 (8 oz.) container prepared dairy topping
1 (20 oz.) can crushed pineapple with juice
1 (3.4 oz.) pkg. pistachio instant pudding mix
1 cup miniature marshmallows
1/2 cup shelled, skinned and chopped Sunnyland Toasted and Salted Pistachios

Mix all ingredients except pistachios. Chill. Garnish with pistachios and serve in lettuce cups. Serves 8.

THE PRUNE STORY

All prunes start out in life as plums. But not all plums make it to become prunes. Only those plum varieties which will "keep" at the most desired moisture level of 25 - 30° without fermenting are used for making prunes.

In antiquity, prune-plums grew in the Middle East. Nearly a thousand years ago, Palestinian travelers brought dried prunes with them to the southwest France city of Agen. They left the pits, of course, and the French soon began growing prunes.

More than 200 years passed before what we now call commercial production began. Once adequate supplies were available, the French greeted prunes with typical Gallic enthusiasm — an enthusiasm that continues to this day. One evidence: the winning jockey in the Grand Prix d'Andgouleme receives as a prize **Prunes d'Agen** equal to his weight!

Americans of the 19th century brought cuttings from these French trees to California and soon established the giant California prune industry. Today prunes grow from Bakersfield north all the way to the Oregon line. Production is 300 - 400,000,000 pounds a year.

Growers let the plums fully tree-ripen, then harvest the fruit by shaking the tree (same shaker as nut growers use) and allow the fruit to fall into a large canvas catching frame.

The fruit goes to the processing plant where it is washed and placed on large wooden trays to be dried. Drying takes place in a wind tunnel-like chamber where heated air flows over and through the trays. Moisture is brought down to 18 - 20%. Drying takes about 24 hours or a little less.

At this moisture level, prunes are too tough and dry for enjoyable eating. Therefore, shortly before shipment to market, prunes are "rehydrated" to about 30%. The resultant fruit is the one we buy for prunes — succulent and ready to eat.

(To prevent mold, the fruit at 30% moisture is treated with potassium sorbate. Sorbic acid is a polyunsaturated fatty acid chemically like those found naturally in a great many foods. It can be beneficial in maintaining the potassium level the human body needs.)

For people who follow Jewish dietary laws - prunes are a Kosher food.

Cooking with Sunnyland Prunes

SAUSAGE-STUFFED PRUNES

Good for breadfast with scrambled eggs and wheat toast.

1 cup Sunnyland Dried Prunes
1/2 lb. ground sausage
1/2 cup fresh bread crumbs
1/2 tsp. salt **1/4 tsp. pepper**
1 Tbsp. butter **1 Tbsp. flour**
1 Tbsp. lemon juice
1 tsp. grated lemon rind

Cook prunes with 1 1/2 cups water until tender; drain, reserve 1 cup of the liquid (add water if necessary). Mix sausage, crumbs, salt and pepper together. Stuff each prune generously with the sausage mixture. Place in a buttered pan; bake at 400° for 20-25 minutes. While prunes are cooking, melt butter in a saucepan and stir in flour. Cook over low heat, stirring, for 2 minutes. Add reserved prune juice, lemon juice, lemon rind. Cook, stirring constantly, for several more minutes, or until sauce is thickened. Arrange prunes on plate and spoon sauce over them. Serves 4.

APPLE-PRUNE STUFFING

Good with pork or game birds

1 cup Sunnyland Dried Prunes
2 Tbsp. Sunnyland Flame Raisins
2 Tbsp. fine cracker crumbs
2 tsp. sugar
1 large apple, peeled, cored and diced small
Salt to taste

Put prunes and raisins in bowl and add 1 1/2 cups boiling water. Let stand 5 minutes. Drain and cut prunes into pieces. Add remaining ingredients, and toss to blend well. Yields 2 cups.

PRUNE PIE

Pie dough for 9" pan top and bottom
2 cups Sunnyland Dried Prunes
1/2 cup sugar **1 Tbsp. flour**
Grated rind of 1 lemon
2 Tbsp. lemon juice **2 Tbsp. butter**

Cook prunes slowly in water to cover until tender, about 20 minutes. Drain, reserving 1/2 cup of the liquid. Line a 9" pie pan with half the pastry dough. Cut prunes in quarters. Mix reserved liquid, sugar, flour, lemon rind and lemon juice in a small bowl. Spoon the prunes into the lined pie pan and pour the liquid evenly on top. Dot with butter. Roll out remaining dough and make a lattice top. Crimp or flute the edges. Bake at 425° for 10 minutes, then lower the heat to 350°; continue baking until crust is browned, about 35 minutes. Delicious served warm. Serves 6 - 8.

THE RAISIN STORY

Raisins, the most widely enjoyed dried fruit of all, came into being because of a calamity of nature. Though man has grown grapes almost since he first settled down to farming, raisins as a commercial crop have been known for only a little over a hundred years.

In the 1860's, when gold fever in California subsided, many former miners began farming the barren wastelands of central California. Through irrigation they turned the desert into a garden, and grapes were one of their mainstays.

In 1873, an unusual hot spell dried up the grape crop on the vines. Disaster in the form of financial ruin seemed at hand. One grower, unwilling to give up, shipped his dried grapes to San Francisco, promoting them as "Peruvian Delicacies". They proved to be a hit. The raisin industry was off and running.

This is a classic case of "sweet are the uses of adversity". Today the San Joaquin Valley produces a half-billion pounds of raisins annually!

Grapes are grown all over the world, but only a handful of sites can make raisins: Southern Spain, Greece, Chile, South Australia, Asia Minor. Fertile soil, plenty of irrigation water, and long rainless drying days are needed.

The bunches of vine-ripened grapes are cut and are spread on paper sheets on the ground between the vines, where they are left for three weeks or more. The grapes shrivel (4-1/2 pounds of grapes become 1 pound of raisins), turn brown, and get sweeter and sweeter. Next the clusters are stored in boxes for several days to equalize the moisture through the batch. Then they are washed, cleaned and packed for market.

To make Golden Raisins, on the other hand, grapes are picked early while still quite green and quickly dried in huge wind tunnels. They are then treated with sulfur dioxide to preserve their golden color and vine-fresh flavor.

Storage of raisins is simple. In the refrigerator is best up to four months. For long-term storage (four to eight months) use the freezer. Pack in poly bags or other tightly sealed containers so the raisins won't dry out.

Recipes using Sunnyland Raisins

EAST INDIA CHICKEN CURRY

6 deboned chicken breasts cut into chunks
6 medium onions, sliced
2 to 3 Tbsp. butter or margarine
2 heaping Tbsp. curry powder
2 tsp. sugar
Pinch of cardamom seeds
1 (10 1/2 oz.) can chicken broth, undiluted
1/2 cup Sunnyland Golden Raisins
1/2 cup mango chutney

Saute onions in large skillet until soft. Stir in chicken and curry powder. Add sugar, cardamom seeds, and chicken broth. Stir all together. Stir in raisins and chutney. Bring to boiling point, then turn to simmer. Cook, uncovered, but stir occasionally. The curry is done when the chicken is tender and sauce thickens. Serve with rice. If desired, serve with separate dishes of sliced hard-cooked eggs, chutney, raisins, sliced bananas, peanuts as toppings. Serves 6.

Note: Better if cooked the day before. Keep in refrigerator and reheat.

ORANGE-RAISIN CARROTS

1 lb. carrots, peeled and sliced
3/4 cup water **1/2 tsp. salt**
2 Tbsp. cornstarch
1 cup orange juice
1/2 cup Sunnyland Flame Raisins
1 Tbsp. sugar

Combine carrots, water and salt in a medium saucepan; bring to a boil. Cover and reduce heat; simmer 6 to 8 minutes or until carrots are tender. Dissolve cornstarch in orange juice, stir into carrot mixture. Stir in raisins and sugar. Cook over medium heat, stirring constantly until smooth and thickened. Serves 4 - 6.

RAISIN-CREAM CHEESE POUND CAKE

6 Tbsp. Sunnyland Small Pecan Pieces
Sugar to dust
1 cup butter
1 (8 oz.) pkg. cream cheese
1 1/2 cups sugar
2 tsp. vanilla **4 eggs**
2 1/4 cups sifted cake flour
2 tsp. baking powder **1/4 tsp. salt**
1 1/2 cups Sunnyland Golden Raisins

Heavily grease 2 (9 × 5 × 3-inch) loaf pans. Sprinkle each with 3 Tbsp. pecans, then with a dusting of sugar. Beat butter and cream cheese together until soft. Gradually add sugar, beating until light. Add vanilla. Beat in eggs, 1 at a time (batter may look curdled). Blend in flour that has been sifted with baking powder and salt. Mix in raisins. Turn into pecan-coated pans. Bake at 300° about 1 hour or until cakes test done. Let stand 10 minutes and turn out onto racks to cool. Makes 2 cakes.

THE WILD RICE STORY

Wild Rice is a native North American food — along with turkey, pecans and corn. It grows in the cool, shallow lakes of northern Minnesota and Canada. Some of the finest rice we get comes from lakes more than 1000 miles north of the U.S.-Canada border.

American Indians depended on wild rice as a staple of their diet. Those tribes made regular stops along the shores of these lakes when the rice was ripening.

The Indians harvested rice by gliding their canoes among the plants, letting the seed heads lean into the canoe, and then gently tapping the heads with flailing sticks. The dislodged seed fell into the canoe. The same basic method is still used today.

Wild rice is a species of water grass rather than a true rice. The grain in many ways resembles oats more than it does rice. (But then rice, oats, wheat and corn are all members of the grass family.)

Farmers have learned to domesticate the crop. They build paddys, which they flood during the growing season. Come harvest time, they can drain the paddy and harvest the crop with modern grain combines - much cheaper than flailing the seed into a canoe. Wild lake rice, though, is longer, darker and plumper than paddy rice, which is why we prefer it.

After combining, the harvested greenish brown kernels are roasted to drive off excess moisture, to loosen the outer hull and to heighten the delicious nutty flavor. At this point, the grain is almost a black color. (When cooked it returns to the whitish color one associates with rice.)

Nutritionally, wild rice is near-ideal. High in complex carbohydrates, it also has 12 - 15% protein. It's very low in fat (less than 1%). It is much higher than other grains in riboflavin, thiamine and niacin.

Although more expensive per pound than ordinary rice, wild rice soaks up so much water in cooking (about three times its weight) that the cost per serving is quite affordable — less than a baked potato with sour cream.

HOW TO BOIL SUNNYLAND WILD RICE

1 cup Sunnyland Wild Rice (8 oz.) **3 cups water** **Salt to taste**

Wash rice well; drain. Bring water to boil. Stir in rice and salt. Reduce heat, cover and simmer 45 - 50 minutes until liquid is absorbed and rice is tender.

Cooking with Sunnyland Wild Rice

SEAFOOD-WILD RICE SALAD

1/2 cup mayonnaise or salad dressing
1 Tbsp. lemon juice
1 tsp. curry powder
2 cups cold cooked Sunnyland Wild Rice
1/2 cup frozen green peas, thawed
2 Tbsp. diced pimento
2 (6-oz.) pkgs. frozen crabmeat, thawed, drained and cartilage removed
2 (4 1/4-oz.) cans medium shrimp, rinsed and drained
Salad greens
Cherry tomatoes or tomato wedges

Mix mayonnaise, lemon juice and curry powder in 2 1/2-quart bowl. Add wild rice, peas, pimento, crabmeat and shrimp; toss. Cover and refrigerate at least 1 hour.

Spoon onto salad greens; garnish with cherry tomatoes. Serves 5.

WILD RICE AND PEA CASSEROLE

1/2 cup uncooked Sunnyland Wild Rice
2 cups bouillon
1 large onion, chopped
2 Tbsp. butter
2 cups tiny green peas, cooked
1/2 tsp. Worcestershire
2/3 cup small pearl onions
1 tsp. marjoram
Salt and pepper to taste
1 cup Sunnyland Slivered Almonds, toasted

Cook rice in bouillon until tender, about 45 minutes. Meanwhile, saute the onion in butter. Add onions and all other ingredients except almonds to the rice. Stir well; place in a 2-quart casserole. Cover and bake at 325° about 20 minutes. Fold in almonds. Serves 8 - 10.

WILD RICE WITH MUSHROOMS

1 stick butter
1/2 cup finely chopped onion
2 cups sliced mushrooms
1 cup uncooked Sunnyland Wild Rice
3 cups chicken broth
1 tsp. salt
1/2 tsp. freshly ground pepper

Melt butter in a skillet, add onion; cook until soft. Add mushrooms and cook, stirring until mushrooms darken. Put onion and mushrooms into a 1 1/2-quart greased casserole; add remaining ingredients; mix well. Cover; bake at 325° for 1 hour or until broth is absorbed and rice is tender. Serves 4.

SALMON BALL

1 (14 3/4 oz.) can red or pink salmon
1 Tbsp. lemon juice
2 tsp. grated onion
1 tsp. horseradish
1/4 tsp. salt
1/4 tsp. liquid smoke
1 (8 oz.) pkg. cream cheese, softened
1/2 cup Sunnyland Small Pecan Pieces
3 Tbsp. chopped parsley

Drain, flake and remove bones and skin from salmon. Add lemon juice, onion, horseradish, salt, liquid smoke to softened cream cheese; mix well. Stir in salmon; mix well. Place in the refrigerator for at least 4 hours or until thoroughly chilled. Shape into ball and roll in pecans and parsley. Can be used immediately or wrap and keep in the freezer for later use.

Variation: Use tuna instead of salmon.

ITALIAN STUFFED MUSHROOMS

1/2 cup Italian bread crumbs
1/4 cup grated Romano cheese
1 Tbsp. Sunnyland Dark Flame Raisins
1 Tbsp. chopped black olives
1 tsp. chopped fresh parsley
2 large eggs, beaten
1 tsp. Italian seasoning
2 dozen large mushrooms, stems removed
Melted butter

Mix first 7 ingredients. Mixture should be consistency of paste. Put mixture into mushrooms. Bake stuffing side up at 350° for 10 to 15 minutes. Remove from oven and brush with melted butter.

BACON PECAN DATES

24 Sunnyland Dates 'N' Pecans
12 Thin Sliced Bacon Strips, cut in half
Italian, or oil and vinegar dressing

Wrap dates with thin bacon slices. Lap bacon and secure with a toothpick. Place dates in a bowl, pour dressing over dates; marinate overnight in the refrigerator. When ready to bake dates, put them on a rack in a roaster pan. Bake at 350° to 375°. Watch closely. When bacon is brown, remove from pan and drain on paper towel. Serve hot.

PEPPERY PRUNES

1 (3 oz.) pkg. cream cheese, softened
1 fresh or canned jalapeno pepper, minced
1/2 clove garlic, pressed
1 cup Sunnyland Pitted Prunes
1/2 cup Sunnyland Small Pecan Pieces, toasted

Mix cheese, peppers and garlic. Flatten prunes slightly and put a scant teaspoon of cheese mixture onto middle of each prune. Decorate with nuts. Serves 4.

CURRIED PECANS

1/2 stick margarine, melted
1 tsp. curry powder **1 tsp. salt**
4 cups Sunnyland Pecan Halves

Combine margarine and seasonings. Add nuts; mix well. Spread evenly on ungreased sheet pan. Bake in 350° oven for 10 to 12 minutes, stirring occasionally.

PINEAPPLE CHEESE BALL

Delicious with ham at a cocktail party

3 (8 oz.) pkgs. cream cheese, softened
1 cup crushed pineapple, well drained
5 green spring onions, finely chopped
1/2 green pepper, chopped
1/2 cup Sunnyland Small Pecan Pieces
Dash of salt

Combine all ingredients. Shape into ball. Chill. Serve with ham and crackers.

PECAN-DATE SPREAD

Serve with crackers or nut bread

1/3 cup margarine, softened
1 (3 oz.) pkg. cream cheese, softened
1/4 cup pitted and finely chopped Sunnyland Dates
1/4 cup Sunnyland Small Pecan Pieces
1 Tbsp. apple juice

In small mixer bowl combine margarine and cream cheese. Beat until well mixed, scraping bowl often. Stir in remaining ingredients. Store in refrigerator. Yields 1 cup.

CHEESE-PECAN WAFERS

1 lb. grated sharp Cheddar cheese
2 sticks butter or margarine
2 cups sifted flour **1 tsp. salt**
Cayenne pepper to taste
1 cup Sunnyland Small Pecan Pieces

Cream together cheese and butter; add flour, salt, red pepper; fold in nuts. Make into a roll; refrigerate for 2 hours or longer. When ready to use, cut in 1/8-inch slices. Bake in 350° oven for 8 to 10 minutes. Yields 60 to 70 wafers.

PECAN CRUNCH SANDWICHES

1 small can deviled ham spread
5 buns, (sandwich)
1 cup Sunnyland Toasted and Salted Pecans Halves, chopped
1/4 cup pickle relish
1/3 cup mayonnaise
5 slices American cheese **Stuffed olives**

Spread deviled ham on bottom of bun. Mix together pecans, relish, mayonnaise. Spread over ham. Top with a slice of cheese. Garnish with olive and other half of bun. Makes 5 large sandwiches.

Note: For party or snack, cut sandwich in fourths.

ASPARAGUS PEANUT-EGG DELIGHT

1 (15 oz.) can asparagus
1 (10 3/4 oz.) can mushroom soup
4 hard-cooked eggs, sliced
1 cup Sunnyland Toasted Peanuts
1 cup grated Cheddar cheese

Drain asparagus; put half in the bottom of a casserole. Pour half of the mushroom soup over the vegetable; layer half of the egg slices, half of the peanuts, half of the cheese on top of the soup. Repeat the layers. Bake at 350° until bubbly. Serves 6.

CHICKEN SURPRISE PIE

5 cooked chicken breasts, cut in small pieces
1 (10 3/4 oz.) can cream of chicken soup
1 (8 oz.) carton sour cream
1 (8 oz.) can sliced water chestnuts
1 (2 oz.) jar diced pimento
1 cup butter cracker crumbs
1 stick butter, melted
1/2 cup Sunnyland Slivered Almonds

Add soup, sour cream, water chestnuts and pimento to chopped chicken. Mix together and put into a 2-quart casserole. Top with cracker crumbs; pour melted butter over crackers; sprinkle with almonds. Bake covered at 350° for 35 to 45 minutes until brown on top. Serves 5.

CALIFORNIA TACOS

1 lb. ground sausage **1 lb. ground beef**
1 cup Sunnyland Small English Walnut Pieces
2 cups coarsely grated American cheese
1/2 cup stuffed olives, sliced
1 (10 3/4 oz.) can cream of mushroom soup
1 tsp. chili powder **12 tortillas**

Brown beef in one pan; brown sausage in another pan. Spoon meats out onto paper towels to drain. Mix together. Keep fat separate. Add walnuts, cheese, olives, soup, chili powder to beef fat; cook for 5 minutes. Lightly brown 12 tortillas on both sides in the sausage fat. Drain on paper towels. Fill with meat mixture. Wrap in foil and bake at 400° for 10 minutes. To serve: Sprinkle each with shredded lettuce and chopped tomatoes. Makes 12.

PICCADILLO

A Key West Favorite

1 1/2 lbs. ground beef
2 medium-size onions, diced
2 green peppers, diced **3 Tbsp. oil**
2 Tbsp. Worcestershire sauce
1/4 tsp. oregano **1/2 tsp. salt**
1/4 tsp. ground black pepper
1/2 tsp. garlic powder
1/2 tsp. celery salt **1/4 tsp. paprika**
1 (15 oz.) can tomato sauce
1 Tbsp. capers, drained
1/2 cup Sunnyland Flame Raisins
1/2 cup halved stuffed or pitted ripe olives, drained
6 cups cooked white rice

Brown ground beef; drain off grease. Saute onions and green peppers in oil. Add to beef. Add rest of ingredients except rice. Mix well; cook 40 minutes over low heat. Serve over warm rice. Serves 8.

SHRIMP AND WILD RICE CASSEROLE

1 stick butter
2 cups Sunnyland Wild Rice
1 large onion, chopped
3 (10 3/4 oz. ea.) cans cream of mushroom soup
2 soup cans of water **1 Tbsp. salt**

Saute rice and onion in butter; add mushroom soup, water, salt. Place in covered casserole and cook in oven 1 hour at 325°. (Add more water if necessary to keep moist.) Then add:

1 1/2 lbs. cooked shrimp
1 large green pepper, chopped
1 (8 oz.) can water chestnuts, chopped
1 (8 oz.) pkg. fresh mushroom stems and caps, cut into pieces

Return to oven; cook 30 more minutes. Serves 8.

APPLE FILLED HAM

1 (1 lb. 5 oz.) can apple pie filling
1/3 cup Sunnyland Golden Raisins
1/4 cup Sunnyland Small Pecan Pieces
2 center cut ham slices, (1/2" thick)

Combine pie filling, raisins and pecans. Place one ham slice in baking pan. Spread filling on slice and cover with a second ham slice. Bake covered at 350° for 30 minutes. Baste ham with glaze every 10 minutes for 1/2 hour more cooking time. Serves 4 - 6.

Glaze

1 (10 oz.) jar currant jelly
1/4 cup light corn syrup
2 - 3 Tbsp. horseradish
3/4 tsp. dry mustard

Combine ingredients and bring to a boil.

WALNUT CROQUETTES

1 (6 oz.) pkg. herb stuffing mix
1 cup boiling water
1 egg, beaten **1 tsp. Worcestershire sauce**
1/2 cup Sunnyland English Walnut Pieces, toasted
2/3 cup melted butter

Combine all ingredients except butter in large mixing bowl; blend well. Shape into 4 pointed, cone-shaped croquettes. Brush butter on bottom of small shallow baking dish and place croquettes in dish; brush with remaining butter. Bake at 350° uncovered, 20 - 25 minutes, or until golden brown and crusty. Serve at once. Serves 4.

VEGETABLE STIR-FRY

1/2 cup Sunnyland English Walnuts
2 Tbsp. oil
6 slices fresh ginger root
1 large clove garlic, halved
1 medium sweet potato
1/2 lb. broccoli
1 (20 oz.) can chunky pineapple, drained
1 Tbsp. soy sauce

Pour boiling water over walnuts to cover; let stand 2 minutes. Drain. Heat oil in wok over high heat; stir-fry walnuts until crisp and remove. Add ginger and garlic to oil; cook about 3 minutes. Remove and discard ginger and garlic. Peel, quarter and cut sweet potato into 1/16" slices. Trim broccoli and cut into flowerettes; remove stalk. Add sweet potatoes and broccoli flowerettes to hot oil; stir-fry about 5 minutes over high heat until crispy. Add pineapple and soy sauce; heat through. Serves 4.

GREAT GREEN BEANS

1 medium onion, chopped
1 (4 oz.) can mushrooms, stems and pieces
1 stick margarine
2 (14.5 oz.) cans drained green beans
3/4 cup grated sharp Cheddar cheese
1 (10 3/4 oz.) can cream of mushroom soup
1/3 soup can filled with milk
2 tsp. soy sauce
1/4 tsp. black pepper
1/2 (8 oz.) can chopped water chestnuts
1 cup Sunnyland Slivered Almonds, toasted

Saute onion and mushrooms in margarine. Stir in beans, cheese, soup and milk. Stir in all other ingredients except almonds. Place in casserole; sprinkle with almonds. Bake at 350° for 20 - 30 minutes until bubbly. Serves 8.

STUFFED ZUCCHINI

1 large zucchini (at least 2" in diameter)
1/2 cup cooked Sunnyland Wild Rice
1/4 medium onion, chopped
1/2 Tbsp. chopped red onion
1/2 Tbsp. diced carrots
1/2 Tbsp. diced celery
1 small mushroom, chopped
1/4 cup fresh peas
1/4 tsp. Oregano
1/4 tsp. olive oil **Biscuit mix**

Cut off one end of zucchini. Scoop out inside with spoon (discard the pulp), leaving shell intact. Combine all ingredients except biscuit mix and olive oil; stuff mixture into shell. Rub outer skin with with olive oil. Bake at 325° for 35 minutes. Make dough from biscuit mix and enclose zucchini in it. Bake at 450° for 20 minutes. Remove from oven; cut in slices. Serves 4.

GREEN PEAS AND WALNUTS

2 Tbsp. margarine
1/2 cup Sunnyland English Walnuts
1/2 cup chopped onion
2 (10 oz.) pkgs. frozen green peas
1 tsp. salt **1/8 tsp. thyme**
1/8 tsp. pepper **1/4 cup water**
Bacon bits (to taste)

Melt margarine; add walnuts; saute one minute over moderate heat. Remove walnuts with slotted spoon. Add onion to pan, cook until transparent. Add peas, seasonings and water; cover; cook until peas are tender, stirring once or twice. Drain; add bacon bits and walnuts; toss lightly. Serves 6 - 8.

POTATO PUFF AMANDINE

4 large potatoes, peeled
3 eggs, separated **1 tsp. salt**
1 tsp. onion, grated **Dash Tabasco sauce**
1/4 tsp. pepper **1/2 cup sour cream**
2 Tbsp. butter, melted
1/3 cup Sunnyland Slivered Almonds

Cook potatoes in boiling water until done; drain and mash. Stir in egg yolks, salt, onion, Tabasco, pepper; add sour cream. Beat egg whites until stiff; stir 1 heaping Tbsp. of egg whites into potato mixture, then gently fold in the rest. Turn into greased 2-quart casserole; brush with melted butter; decorate top with almonds. Bake at 350° for 30 minutes, or until golden. Serves 6.

BEANS AND CELERY AU GRATIN

2 cups celery, cut in 1/2" slices
1/2 cup water
3 1/2 Tbsp. margarine, divided
2 Tbsp. flour
1 cup half-and-half cream
1 chicken bouillon cube
1/8 tsp. pepper
Dash of nutmeg
2 drops Tabasco sauce
2 Tbsp. diced pimento
1 (16 oz.) can yellow wax beans, drained
3/4 cup tiny bread cubes
1/3 cup small cubes Swiss cheese
1/2 cup Sunnyland Small English Walnut Pieces

Cook celery in 1/2 cup water for 10 minutes; drain and set aside. Melt 2 Tbsp. margarine; blend in flour. Add cream, bouillon cube, pepper, nutmeg and Tabasco sauce; cook until sauce boils and thickens, stirring constantly. Remove from heat; add celery, pimento and beans. Put into 1-quart casserole. Melt remaining margarine; toss with bread cubes. Toss in cheese and walnuts; sprinkle over top of vegetables. Bake at 400° for 15 minutes, or until topping is crisp and lightly browned. Serves 6.

BROCCOLI SALAD

1 bunch broccoli
1 cup Sunnyland Toasted Peanuts
1 cup Sunnyland Raisins
1/2 lb. bacon, fried crisp and crumbled
1 small onion, sliced thin
1 cup mayonnaise
2 Tbsp. vinegar **1 Tbsp. sugar**

Cut off stems of broccoli; peel and cut into bite-size pieces. Cut tops into small flowerettes. Mix with peanuts, raisins, bacon and onion. Mix together mayonnaise, vinegar and sugar; add to broccoli mixture; toss together. Serves 8 - 10.

CHINESE CABBAGE SALAD

1 head Chinese cabbage
1 red onion, chopped
1/2 cup crumbled blue cheese
1/4 cup Sunnyland Slivered Almonds
3/4 cup French dressing

Cut cabbage across into 1/4-inch strips. Toss together with onion, blue cheese, almonds and French dressing. Season to taste. Serves 4.

TURKEY-FRUIT SALAD

2 cups chopped cooked turkey
1 cup pineapple tidbits, drained
1 cup seedless green grapes, halved
1 cup Sunnyland Small English Walnut Pieces
1 1/2 cups mayonnaise
1 cantelope, sliced

Combine first 5 ingredients. Mix well. Cover and chill for two to three hours. Serve on a bed of lettuce with cantelope slices.

GRAPEFRUIT SALAD

1 (16 oz.) can grapefruit segments, or 2 1/2 cups fresh
1 (3.4 oz.) pkg. lime gelatin
2 Tbsp. lemon juice
1 cup cold sour cream
1/2 cup Sunnyland Pecan Pieces
1/2 cup chopped celery

Drain grapefruit, reserving 1 1/4 cup juice; (add water if necessary). Heat juice; add lime gelatin; stir until dissolved. Add lemon juice and salt. Chill until mixture thickens. Stir in sour cream, pecans, celery, and grapefruit segments, which have been cut into small pieces. Pour into 8 small molds. Chill until salad sets. Serves 8.

SWISS WALDORF SALAD

3 tart apples, pared and diced
2 pears, pared and diced
2 Tbsp. lemon juice
3/4 cup diced Swiss cheese
1/2 cup sliced celery
1/2 cup Sunnyland English Walnut Pieces
2/3 cup mayonnaise

Sprinkle lemon juice over fruit. Add other ingredients; toss lightly. Chill. Serve on salad greens. Serves 4 - 6.

CHICKEN SALAD SUPREME

4 cups cooked and diced chicken
1 tsp. olive oil (or 1 Tbsp. French dressing)
1/2 cup finely chopped celery
1/2 tsp. salt
1/2 tsp. pepper
1/2 cup mayonnaise
1/2 cup sour cream
1/2 tsp. Dijon mustard
2 cups seedless grapes, cut in half
3/4 cup Sunnyland Toasted & Salted Pecan Halves

Sprinkle chicken with olive oil or French dressing. Toss lightly. Mix remaining ingredients and combine with chicken. Refrigerate until ready to serve. Serves 6 - 8.

CURRIED SHRIMP SALAD

4 lbs. raw shrimp
1 1/2 Tbsp. curry powder
6 Tbsp. sour cream
1 1/2 Tbsp. grated onion
2 Tbsp. lemon juice
1 cup mayonnaise
1 1/2 cups chopped celery

for **Toppings**

1/2 cup Sunnyland Toasted/Salted Cashews, chopped
Chutney and shredded coconut

Clean and cook shrimp. Blend curry powder into sour cream. Add shrimp to the mixture; add remaining ingredients. Chill several hours. Serve on lettuce leaves with dishes of cashews, chutney and coconut as toppings. Serves 8.

with **Honeydew Melon**

1 honeydew melon
1 cup French dressing

Cut melon in half. Scoop out melon balls; coat balls wth French dressing. Add melon balls to the shrimp salad.

SPICED PEACH SALAD

1 (22 oz.) jar spiced peaches, drained
1 (3 oz.) pkg. cream cheese, softened
1/2 cup Sunnyland Small Pecan Pieces
2 (1/4 oz. ea.) envelopes unflavored gelatin
1/2 cup cold water
1 (3.4 oz.) pkg. lemon gelatin
2 cups boiling water **1 cup sugar**
3 Tbsp. lemon juice

Remove peach pits and fill each cavity with mixture of cream cheese and nuts. Soften gelatin in cold water. Dissolve lemon gelatin in boiling water. Add unflavored gelatin; stir. Stir in sugar and lemon juice. Place each peach in individual custard cup. Pour gelatin over peaches, lifting fruit so gelatin with run underneath. Refrigerate until congealed. Serves 6.

APPLE BUTTER BRAN BREAD

1 cup all-bran breakfast cereal
1 1/2 cups apple butter
1 tsp. lemon juice
1 egg, slightly beaten
1/4 cup butter softened
1/2 cup sugar
1 1/2 cups flour **1/2 tsp. salt**
1/2 tsp. baking powder **1/2 tsp. soda**
1/2 cup Sunnyland Raisins
1/2 cups Sunnyland Small English Walnut Pieces

Combine bran, apple butter and lemon juice. Add egg to bran mixture. Let stand 5 minutes. Cream butter and sugar. Add bran mixture. Mix salt, baking powder, soda with flour. Add to mixture. Stir until dry ingredients are moistened. Do not beat. Fold in raisins and walnuts. Put in loaf pan lined with waxed paper greased. Bake at 325° for 1 hour. Yields 1 loaf.

STRAWBERRY-NUT BREAD

1 cup butter, softened
1 1/2 cups sugar
1 tsp. vanilla
1/4 tsp. lemon extract
4 eggs
3 cups flour, sifted
1 tsp. salt
1 tsp. cream of tartar
1/2 tsp. baking soda
1 cup strawberry jam
1/2 cup sour cream
1 cup Sunnyland Small English Walnut Pieces

In mixing bowl, cream butter, sugar, vanilla and lemon extract until fluffy. Add eggs, one at a time, beating well after each addition. Mix together flour, salt, cream of tartar and baking soda. Combine jam and sour cream. Add jam mixture alternately with dry ingredients to creamed mixture, beating until well combined. Stir in nuts. Divide among five greased and floured 4 1/2" x 2 3/4" x 2 1/4" loaf pans. Bake at 350° for 50 - 55 minutes. Cool 10 minutes in pans. Remove from pans and cool completely on wire racks. Can be made ahead. Freezes well.
Yields 5 mini-loaves.

MANGO BREAD

2 cups unsifted flour
2 tsp. baking soda
1/4 tsp. salt
1 cup sugar
1 1/2 tsp. cinnamon
1/2 cup Sunnyland Golden Raisins
1/4 cup chopped Sunnyland Slivered Almonds
3/4 cup vegetable oil
3 eggs
1 tsp. vanilla
2 cups chopped mangoes

Combine all dry ingredients in a large bowl. Make a well; add remaining ingredients. Mix well. Pour into 2 greased and floured loaf pans. Bake at 325° for 1 hour or until they test done. Makes 2 loaves.

CRANBERRY-BLACK WALNUT BREAD

1 orange
2 Tbsp. butter
1 egg
1 cup sugar
1 cup chopped cranberries
1/2 cup Sunnyland Black Walnut Pieces
2 cups flour
1/2 tsp. salt
1 1/2 tsp. baking powder
1/2 tsp. baking soda

Grate rind of orange. Squeeze out all juice into a measuring cup and add enough boiling water to make 3/4 cup. Add orange rind and butter; stir to melt butter. Beat egg in a large bowl; gradually add sugar, beating well. Mix flour, salt, baking powder, soda together. Add to egg mixture. Add orange mixture; blend well. Spoon into a buttered loaf pan and bake at 325° for 1 hour. Remove from pan; cool on rack.

WHEAT PECAN MUFFINS

1 1/2 cups whole wheat flour
2 cups unsifted white flour
1 1/2 cups milk
1/4 cup sugar
1 1/2 tsp. salt
1/4 cup margarine
1/4 cup honey
1/2 cup warm water
1 (1/4 oz.) pkg. active dry yeast
1/2 cup Sunnyland Small Pecan Pieces

Combine flours; set aside. Scald milk; stir in sugar, salt, margarine and honey; cool to lukewarm. Measure warm water into large bowl; sprinkle in yeast, stirring until dissolved. Add lukewarm milk mixture; stir in flour mixture; stir until well blended (makes a thick batter). Cover the bowl; let rise in a warm place, free from draft, until doubled in bulk, about 50 minutes. Stir batter down; mix in pecans. Spoon into 16 well-greased muffin pans; cover and let rise in warm place, free from draft, until doubled in bulk, about 50 minutes. Bake in preheated 400° oven 20 to 25 minutes, or until done. Remove from pans and serve warm. Makes 16.

VANILLA APPLES

2 1/2 lbs. tart cooking apples
1 1/2 Tbsp. fresh lemon juice
1 cup sifted flour
1 1/2 cup sugar
1/4 tsp. salt
1/4 tsp. cinnamon
2/3 cup finely chopped Sunnyland Almonds
1/2 cup unsalted butter, melted
1 tsp. vanilla extract
1 1/2 cups whipping cream, softly whipped

Peel, core and thinly slice apples. Toss apples with lemon juice to coat. Butter a 1 1/2-quart baking dish and spread apples over the bottom. Sift together flour, sugar, salt and cinnamon. Stir in almonds. Mix the melted butter with the vanilla. Add almond-flour mixture and toss with a fork until mixed and crumbly. Sprinkle evenly over apples. Bake at 375° until topping is richly browned, about 35 - 40 minutes. Partially cool on rack. Serve with softly whipped cream. Can be made ahead. Serves 6.

PISTACHIO ICE CREAM

1 Tbsp. flour **1/8 tsp. salt**
1 cup sugar **2 cups milk, scalded**
1 egg, slightly beaten **1 quart cream**
1 tsp. almond flavoring
1/2 tsp. vanilla
1/4 cup shelled, blanched and chopped Sunnyland Colossal Pistachios
Green food coloring

Mix flour, salt and sugar. Add scalded milk gradually to prevent lumps; cook in a double boiler 20 minutes, stirring constantly until thickened. Add a little milk to egg; then stir egg into first mixture. Cook a few minutes longer. Cool; add cream, flavorings, nuts and coloring to make a delicate green. Pour into ice cream freezer. Follow directions to freeze. Serves 12.

APRICOT-PEACH DESSERT

1 (16 oz.) can sliced peaches, drained
1 (16 oz.) can unpeeled apricot halves, drained
1 lemon, sliced
1 1/3 cups prepared biscuit mix
2 Tbsp. sugar
1/3 cup plus 1 Tbsp. water
1/3 cup melted butter or margarine
1/2 cup Sunnyland Slivered Almonds

Heat oven to 450°. Place peaches, apricots, and sliced lemon in a 1 1/2-quart casserole. Bake for 20 minutes. Combine biscuit mix, sugar, and water. Remove casserole from oven and drop biscuit mixture in 6 or 8 portions on the bubbling fruit. Place casserole back in oven and bake for 7 or 8 minutes. Melt butter until hot, but not browned; add almonds. Sprinkle buttered almonds on casserole; continue baking until browned. Serves 6 - 8.

ORANGE-CRANBERRY TORTE

2 1/2 cups sifted plain flour
1 cup sugar
1/4 tsp. salt
1 tsp. baking powder
1 tsp. baking soda
1 cup Sunnyland Small Pecan Pieces
1 cup fresh whole cranberries, washed
1 cup pitted and diced Sunnyland Dates
Grated rind of 2 oranges
2 eggs **1 cup buttermilk**
3/4 cup salad oil
1 cup sugar **1 cup orange juice**

Combine flour, sugar, salt, baking powder and soda. Stir in pecans, cranberries, dates and orange rind. Beat eggs slightly; combine with buttermilk and salad oil. Add to flour mixture, stirring well. Pour into greased tube pan. Bake at 350° for 1 hour. Let cake cool slightly. Combine sugar and orange juice; pour over warm cake. Let stand until juice is absorbed. Remove from pan. Cool on rack. When cold, wrap in foil and refrigerate.

DATE-NUT DESSERT

1/2 cup sugar **2 eggs**
1 heaping Tbsp. flour
1 tsp. baking powder
1 cup pitted and chopped Sunnyland Dates
1/2 cup Sunnyland Small Pecan Pieces
Whipped cream to garnish

Beat sugar and eggs together. Mix flour and baking powder together; stir into egg mixture. Stir in dates and pecans. Pour into a 10" greased pie plate. Bake at 350° for 25 minutes. Cool. Serve with whipped cream. Serves 8.
Note: Can be made ahead up to 3 days. Freezes.

THUMBPRINT TARTS

1/2 lb. butter **1 (8 oz.) pkg. cream cheese**
2 cups flour **1 cup powdered sugar**
2 tsp. baking powder
1 cup Sunnyland Dried Prunes, stewed and mashed

Cream together butter and cream cheese. Sift together flour, sugar and baking powder. Add to butter mixture; mix well. Roll into 3" diameter roll, wrap and refrigerate for several hours. Slice into 1/4-inch thick circles. Press down center and fill with prunes. Bake at 350° for 15 minutes on an ungreased cookie sheet. Makes 30 tarts.

Variation: Substitute stewed and mashed Sunnyland Apricots or Dates.

DERBY PIE

2 eggs
1/2 cup unsifted flour
1/2 cup sugar
1/2 cup firmly packed brown sugar
1 cup butter, melted and cooled
1 (6 oz.) pkg. semi-sweet chocolate chips
1 cup Sunnyland Small English Walnut Pieces
1 unbaked 10" pie shell
Whipped cream or vanilla ice cream for topping

In large bowl, beat eggs until foamy. Beat in flour and sugars until well blended. Add butter. Stir in chocolate chips and walnuts. Pour into pie shell. Bake at 350° for 1 hour. Serve warm with whipped cream or vanilla ice cream. Serves 8 - 10.

MACADAMIA PIE

3 egg whites, stiffly beaten
1 cup sugar
1 tsp. baking powder
1 cup Sunnyland Macadamia Pieces
1 cup graham cracker crumbs
1/8 tsp. cream of tartar
1 (8 oz.) carton whipped cream for topping
2 Tbsp. sugar

Beat egg whites until very stiff. Mix sugar, baking powder, cream of tartar, cracker crumbs. Gently fold into stiffened egg whites. Gently fold in macadamia pieces. Pour into ungreased 9" glass pie plate. Bake at 325° for 25 minutes. Cool. Top with whipped cream sweetened with 2 Tbsp. sugar. Refrigerate. Serve cold. Better made a day ahead. Serves 6 - 8.

CRANBERRY PIE

2 cups raw cranberries
1 1/2 cups sugar, divided
1/2 cup Sunnyland Small English Walnut Pieces
3/4 cup butter, melted
2 eggs, beaten
1 cup flour
1 tsp. almond extract
Whipped cream or vanilla ice cream for topping

Grease 10" pie plate. Wash and dry cranberries. Place in pie plate. Sprinkle 1/2 cup sugar and walnuts over cranberries. Cream butter and 1 cup sugar. Add beaten eggs, flour and almond extract. Mix until blended and pour batter over berries. Bake at 325° for 40 minutes. Top with ice cream or whipped cream. Serves 8 - 10.

DATE-NUT PIE

1/2 cup butter, softened
1 cup sugar
2 eggs, separated
1/4 cup water
1/2 cup pitted and chopped Sunnyland Dates
1/2 cup Sunnyland Small Pecan Pieces
2 Tbsp. plain flour
1/2 tsp. vanilla
1 unbaked 9" pie shell
Whipped cream for topping

Cream butter and sugar. Add beaten egg yolks and water. Add dates and pecans that have been rolled with flour. Add vanilla. Fold in stiffly beaten egg whites. Pour into pie shell. Bake at 275° for 1 hour and 15 minutes. Serve topped with whipped cream (sweetened to taste, if desired).

CASHEW PIE

1/4 cup butter, melted and cooled
1/2 cup sugar
3 eggs, beaten
1 cup white corn syrup
1 tsp. vanilla extract
2 cups chopped Sunnyland Toasted and Salted Cashews
1 unbaked 9" pie shell

Blend all ingredients together. Pour into pie shell. Bake at 350° for 30 minutes. Cool on rack before serving. Serves 6 - 8.

COFFEE ANGEL PIE

Meringue

2 egg whites
1/4 tsp. cream of tartar
1/2 tsp. vanilla
1/4 tsp. salt
1/2 cup sugar
1/2 cup Sunnyland Small Pecan Pieces
1 quart coffee ice cream

Add cream of tartar to egg whites; beat until soft peaks form. Fold in vanilla and salt. Gradually beat in sugar until very stiff peaks form and sugar is dissolved. Fold in nuts. Spread in a well-buttered 9" pie plate, building up sides to form a shell. Bake at 275° for 1 hour. Turn off heat and let dry in oven (door closed) for 1 hour. Cool. Pile scoops of ice cream in shell. Freeze. Remove from freezer 15 minutes before serving. Serve with warm sauce. Serves 6 - 8.

Sauce

3 Tbsp. butter
1 cup brown sugar
1/3 cup evaporated milk
1 tsp. vanilla
1/2 cup Sunnyland Small Pecan Pieces or 1/2 cup Sunnyland Flame Raisins

In small pan, melt butter, stir in brown sugar and evaporated milk. Cook and stir over medium heat just until mixture boils. Remove from heat. Add vanilla and nuts. Cool down until sauce is just warm; spoon over ice cream pie when serving.

ORANGE-DATE CAKE

2 cups sugar
1 cup butter
4 eggs
1 tsp. soda **1/2 tsp. salt**
2 cups flour, divided
1 cup buttermilk
1 lb. orange slice candy, chopped
1 cup pitted & chopped Sunnyland Dates
2 cups Sunnyland Pecan Pieces
2 cups coconut, grated

Cream sugar, butter and eggs. Mix soda, salt and 1 cup flour. Add to first mixture alternately with buttermilk. Add orange peel, orange slices, dates, nuts, and coconut. Work in 1 cup flour. Bake in tube pan for 1 hour at 350°. Remove from pan while hot and punch holes in top with a fork. Pour half of glaze over cake. Save the rest to serve at the table.

Glaze

2 cups powdered sugar
1 cup orange juice
1 Tbsp. grated orange peel

Mix together. Divide in half. Half to pour over the cake, half to serve with the cake.

RAISIN-PECAN CAKE

2 cups sugar **1 cup butter**
6 eggs, beaten
4 cups flour **2 tsp. baking powder**
1 1/2 whole nutmegs, ground
1 1/4 cups milk
4 cups Sunnyland Small Pecan Pieces
2 cups Sunnyland Flame Raisins
2 cups Sunnyland Golden Raisins

Cream sugar and butter together; add eggs. Mix well. Mix baking powder and nutmeg with flour. Stir flour mixture and milk alternately into sugar mixture, ending with flour. Dust pecans and raisins with flour; fold into batter. Pour batter into greased and floured tube pan; cover with foil. Steam 4 hours at 250° placing a pan of water on bottom rack of oven. Makes 1 (5 lb.) cake.

BREAKFAST COFFEE CAKE

1 cup butter **2 cups sugar**
2 cups sour cream
2 tsp. baking soda **4 eggs**
2 tsp. vanilla extract
3 cups sifted flour
1 Tbsp. baking powder

Cream butter and sugar well; mix in sour cream, soda, eggs (1 at a time), and vanilla. Put mixer on low speed and add sifted flour and baking powder. Pour into a greased and floured 13" × 9" × 2" pan. Run half of topping (see below) through batter with fork; sprinkle other half on top. Bake at 350° for 45 minutes to 1 hour.

Topping

1/2 cup sugar
2 tsp. cinnamon
1/2 cup Sunnyland Small English Walnut Pieces

Mix all ingredients together.

BLACK WALNUT-POTATO CAKE

2 cups sugar **3/4 cup butter**
4 eggs, separated **2 cups flour**
2 tsp. baking powder **1 tsp. cinnamon**
1 tsp. nutmeg **1/4 tsp. salt**
1 cup cocoa **1/2 cup milk**
1 cup mashed Irish potatoes
1 cup Sunnyland Small Black Walnut Pieces
1 cup Sunnyland Flame Raisins
1 tsp. vanilla

Cream butter and sugar; add egg yolks, beat well. Sift together flour, baking powder, cinnamon, nutmeg, cocoa and salt. Dredge raisins in small amount of flour mixture. Add mashed potatoes to creamed mixture. Add the flour and milk alternately, beating after each addition. Stir in vanilla, raisins and nuts. Fold in egg whites, beaten stiff. Pour into greased and floured 10" tube pan. Bake at 325° for 1 hour.

Frosting

1/2 stick butter **2 squares chocolate**
2 to 3 cups powdered sugar, sifted

Melt butter and chocolate. Add sugar, beating to spreading consistency. Frost cooled cake.

PINEAPPLE CAKE

2 1/2 cups sifted self-rising flour
4 eggs, separated
2 cups sugar **1 1/4 cups salad oil**
1 (20 oz.) can crushed pineapple, drained well, reserving juice for glaze
2 Tbsp. hot water
1 1/2 tsp. cinnamon
1 cup Sunnyland Sliced Almonds

Combine flour, egg yolks, sugar and oil. Mix well. Add pineapple, water and cinnamon. Beat egg whites stiff. Fold into mixture. Add almonds. Bake in greased tube pan for 1 hour at 325°. After baking while still hot and in the pan punch holes in the cake. Pour glaze over the cake and let it seep in.

Glaze

4 Tbsp. pineapple juice
1/4 cup melted margarine
2 cups powdered sugar

Mix all ingredients together.

APRICOT BARS

A tart cookie

2/3 cup Sunnyland Dried Apricots
1/2 cup soft margarine — 1/4 cup sugar
1 cup sifted flour — 1/3 cup flour
1/2 tsp. baking powder — 1/4 tsp. salt
1 cup light brown sugar — 2 eggs
1/2 tsp. vanilla extract
1 cup Sunnyland Pecan Pieces
Powdered sugar

Cover apricots with water and boil 10 minutes. Drain and chop. Preheat oven to 350°. Grease an 8" × 8" × 2" pan. Mix butter, granulated sugar, and sifted flour until crumbly. Pack into greased pan; bake 25 minutes or until lightly browned. Sift the remaining dry ingredients. Beat eggs and add to the dry ingredients; then add apricots, vanilla extract, and pecans. Spread the mixture over the crust and bake 30 minutes. Cool and cut into bars and roll in confectioners' sugar. Yields 32 bars.

PEANUT COOKIES

1 cup sugar — 1 egg
1/3 cup chopped Sunnyland Peanuts
1 cup peanut butter

Mix well and shape into 1" balls. Press down with a fork. Bake on greased cookie sheet at 325° for 10 minutes.

CARAMEL COOKIES

1 stick margarine — 1 cup brown sugar
1 egg — 1 cup sifted flour
1 tsp. baking powder — Pinch salt
1 tsp. vanilla
1 1/3 cup chopped Sunnyland Almonds

Preheat oven to 325°. Melt butter and sugar in saucepan over low heat until very smooth. Let cool. Add egg and beat together. Sift in flour, baking powder, salt and vanilla. Mix well until smooth. Add almonds. Pour into greased cookie sheet and bake for 30 minutes. Cool and cut.

ORIENTAL CHEWS

1 1/2 cups sugar
1 1/8 tsp. baking powder
1 1/8 cups flour — 1/2 tsp. salt
1 1/2 cups pitted and chopped Sunnyland Dates
1 1/2 cups Sunnyland Pecan Pieces
4 1/2 Tbsp. finely chopped candied ginger
3 eggs, separated — Powdered sugar

Mix and sift first four ingredients. Add dates, nuts and ginger. Beat egg whites and yolks separately. Stir beaten yolks into mixture. Fold in egg whites. Put onto 12" × 14" cookie sheet; bake at 275° for 20 min. Cut, while hot, into 1" squares and roll into balls at once. Then roll in powdered sugar. These freeze well. Makes 4 dozen.

BLACK WALNUT COOKIES

1 cup butter — 1 cup sugar
2 cups flour — 2 tsp. baking powder
2 tsp. salt — 4 egg yolks
2 Tbsp. fresh lemon juice
1 Tbsp. milk (if needed to make dough workable)
1 tsp. grated lemon rind
1 1/2 cups Sunnyland Black Walnuts

Cream butter; add sugar gradually, then egg yolks and beat well. Add sifted dry ingredients, lemon juice, rind and walnuts. Drop by teaspoon onto ungreased cookie sheet about 2" apart. The mixture is consistency of a very soft dough and spreads out in cooking. Bake in 300° degree oven for approximately 6 minutes. (They burn easily.) Remove from oven, cool 3 or 4 minutes. Slip a very thin spatula under each cookie. Place on wire rack to cool. These break very easily and must be handled very quickly while still warm.

Variation: Use 3/4 cup Sunnyland Black Walnuts and 3/4 cup Sunnyland Pecans

YUMMIES

1 cup butter — 1 1/2 cups sugar
3 eggs, beaten — 3 cups flour
1 tsp. allspice — 1 tsp. cinnamon
2 cups Sunnyland Golden Raisins
2 cups pitted & chopped Sunnyland Dates
3 cups Sunnyland Small Pecan Pieces
1 tsp. soda in 1 Tbsp. hot water

Cream butter and sugar; add beaten eggs. Mix flour, allspice and cinnamon. Add raisins, dates and pecans to flour mixture. Gradually add flour mixture to creamed mixture. Mix well. Thin occasionally with soda water. Bake small cookies on greased cookie sheets at 425°. When brown on bottom, run under broiler to get tops brown. Remove from cookie sheet to cool. Yields 6 dozen.

ROB ROY COOKIES

1 cup shortening — 1 tsp. salt
1/2 tsp. cinnamon — 1/2 tsp. cloves
1 1/2 cups brown sugar, firmly packed
2 eggs, well-beaten
1 1/2 cups uncooked oatmeal
1 cup Sunnyland Small Pecan Pieces
1 cup Sunnyland Flame Raisins, chopped
2 cups flour
3/4 tsp. baking soda
1/4 cup sour milk

Combine shortening, salt and spices. Add brown sugar gradually and cream well. Add eggs and mix well. Add oatmeal, pecans and raisins. Sift flour and soda together; add half of flour, then sour milk, then rest of flour. Bake on greased cookie sheet for 10 to 15 minutes at 325°.

ORANGE PECAN CANDY

2 cups sugar — 1 cup milk
3 Tbsp. orange juice
Pinch of salt — Pinch of baking soda
Rind of 1 orange, grated
3 cups Sunnyland Small Pecan Pieces

Combine sugar, milk and juice. Boil to soft-ball state or unitl candy thermometer registers 240°. Remove from heat. Add salt, soda and orange rind. Beat slightly. Add pecans and beat. Pour onto greased pan or slab. Let cool and cut into squares.

PEANUT MOLASSES DIVINITY

2 cups sugar
1/2 cup water
1 Tbsp. molasses
2 egg whites, stiffly beaten
1 tsp. lemon extract
1 cup Sunnyland Toasted/Salted Virginia Peanuts

Place sugar, water and molasses in a saucepan, stirring until sugar is dissolved. Cook at 240°, or to the soft-ball stage. Pour over stiffly beaten egg whites, beating constantly. Add lemon extract. Beat until creamy. Fold in peanuts and drop by spoonfuls on waxed paper.

WALNUT MINT WAFERS

2 egg whites
1 (6 oz.) pkg. chocolate mint bits
2/3 cup sugar
3/4 cup Sunnyland Small English Walnut Pieces

Beat egg whites until stiff peaks form. Add remaining ingredients. Mix well. Drop by teaspoonfuls onto a lightly greased baking sheet. Place in a preheated 250° oven. Turn oven off immediately. Leave overnight without opening oven. Yields 25 - 40.

Variation: One 6 oz. pkg. semi-sweet chocolate bits and 2 to 3 drops of peppermint extract may be substituted for chocolate mint bits.

"TOADS"

2 bars (6 1/2 oz. each) plain milk chocolate or semi-sweet chocolate
1 cup Sunnyland Flame Raisins
1 cup miniature marshmallows
1/2 cup Sunnyland Small English Walnut Pieces

Break chocolate into small pieces. Melt in double boiler over warm water. (Water must never get really hot or the chocolate will have white streaks in it when it sets.) Set double boiler over very low heat. Stir chocolate frequently and when it is completely melted, stir in raisins, marshmallows and walnuts. Drop by teaspoonfuls onto baking sheet lined with waxed paper. Refrigerate. Yields 2 dozen.

BUTTER BRITTLE

1 lb. brown sugar
1 lb. butter, softened
1 Tbsp. vinegar
4 Cups Sunnyland Pecan Halves

Combine butter and sugar. Boil mixture until 274° or until the syrup separates into heavy threads when dropped in cold water. Add vinegar toward the end of cooking time.

Place pecans in bottom of buttered pan. Pour candy over them. Cool. Break in pieces. Yields 2 lbs.

WALNUT BON BONS

1/4 cup light corn syrup
1 tsp. vanilla — 1/8 tsp. salt
1/2 cup instant nonfat dry milk
1/4 cup finely chopped Sunnyland English Walnuts
1/4 cup powdered sugar

Mix syrup, vanilla, salt, dry milk, and walnuts together in a bowl, using your hands to blend well. Sprinkle a board with a little powdered sugar and knead candy on the board until it becomes creamy. Shape into 1-inch balls and dust with remaining powdered sugar. (Store in refrigerator.)

BUTTERSCOTCH DROPS

1 (12 oz.) pkg. butterscotch morsels
2 tsp. peanut butter, plain or crunchy
1/2 to 1 cup Sunnyland Slivered Almonds, toasted
2 cups crisp cornflakes
1/2 tsp. vanilla

Melt butterscotch drops in a double boiler. Add peanut butter and stir well. Add cornflakes, almonds, and vanilla. Drop by teaspoonfuls on a greased cookie sheet and refrigerate until firm. (Freezes well.) Yields 4 - 6 dozen.

PEANUT CHEWIES

1/2 cup crunchy peanut butter
3 Tbsp. Sunnyland Honey
1 tsp. vanilla
3/4 cup instant nonfat dry milk
Pinch of salt
3 Tbsp. powdered sugar
1/2 cup finely chopped Sunnyland Toasted and Unsalted Peanuts

Mix peanut butter, honey, vanilla, dry milk, salt, and sugar together in a bowl. Using your hands, blend until very well mixed, then shape into 1-inch balls and roll them in the peanuts. For longer than a day, store in refrigerator.